DELIGHTES
for Ladies, to adorne their perſons, Tables, cloſets, and diſtillatories.

VVITH,

Bewties, banquets, perfumes and Waters.

Read, practiſe, and cenſure.

AT LONDON,
Printed by Peter Short.

¶ To all true louers of Arte and knowledge.

SOmetimes I writ the formes of burning balles,
Supplying wãts that were by wood fals wrought
Sometimes of tubs defended ſo by Arte,
As fire in vaine hath their deſtruction ſought;
Sometimes I writ of laſting Beuerage,
Great Neptune *and his Pilgrimes to content:*
Sometimes of foode, ſweete, freſh, and durable,
To maintaine life when al things elſe were ſpent:
Sometimes I writ of ſundry ſortes of ſoile,
VVhich neither Ceres *nor her handmaids knew,*
I writ to all, but ſcarſly one beleeues
Saue Diue *&* Denſhire *who haue found the true:*
VVhen heauens did mourne in cloudy mantles clad,
And threatned famine to the ſonnes of men:
VVhen ſobbing earth denide her kindly fruit
To painfull ploughman and his hindes, euen then
I writ relieuing remedies of dearth,
That Arte might helpe, where nature made a faile:
But all in vaine theſe new borne babes of Arte,
In their vntimely birth ſtraight waies do quaile.

Of theſe and ſuch like other new found-skils,
VVith paineful pen I whilome writ at large,
Expecting ſtil my Countries good therein,
And not reſpecting labor, time, or charge.
But now my pen and paper are perfum'd,
I ſcorne to write with Coppres or with gaule,
Barbarian canes are now become my quils,
Roſewater is the yncke I write withall:
Of ſweetes the ſweeteſt I will now commend,
To ſweeteſt creatures that the earth doth beare:
Theſe are the ſaints to whom I ſacrifice
Preſerues and Conſerues both of plum and peare.
Empalings now adew, tuſh marchpaine wals
Are ſtrong enough, and beſt befits our age:
Let piercing bullets turne to ſugar bals;
The ſpaniſh feare is huſht and all their rage.
Of marmelate and paaſt of Genua,
Of musked ſugars I intend to wright:
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruites and flowers to preſerue,
And candie them, ſo nutmegs cloues and mace:
To make both marchpaine paſte, and ſugred plate,
And caſt the ſame in formes of ſweeteſt grace.
Each bird and foule ſo moulded from the life,
And after caſt in ſweet compounds of arte,
As if the fleſh and forme which nature gaue

Did

Did ſtill remaine in euery lim and part.
VVhen chriſtall froſts haue nipt the tender grape,
And cleane conſum'd the fruites of euery vine,
Yet here behold the cluſters freſh and faire,
Fed from the branch, or hanging on the line,
The walnut, ſmall nut, and the Cheſnut ſweet,
VVhoſe ſugred kernels looſe their pleaſing taſte,
Are heere from yeere to yeere preſerued,
And made by Arte with ſtrongeſt fruits to laſt.
T'hartichoke, the apple of ſuch ſtrength,
The Quince, Pomgranate with the barbery,
No ſugar vs'd, yet colour, taſte and ſmell,
Are here maintain'd and kept moſt naturally,
For Ladies cloſets and their ſtillatories,
Both waters, oyntments, and ſweet ſmelling baals,
In eaſie tearmes without affected ſpeach,
I here preſent moſt ready at their cals.
And leaſt with careleſſe pen I ſhould omit,
The wrongs that nature on their perſons wrought,
Or parching ſunne with his hot fiery raies.
For theſe likewiſe, relieuing meanes I ſought.
No idle thoughts, nor vaine ſurmiſed skils,
By fancy framde within a theorique braine,
My muſe preſents vnto your ſacred eares,
To win your fauours falſely, I diſdaine.
From painefull practiſe, from experience,
A ſound though coſtly myſteries I deriue

With fiery flames in ſcorching Vulcans *forge,*
To caſt and fine each ſecret I do ſtriue:
Accept them well, and let my wearied Muſe
Repoſe her ſelfe in Ladies *laps a while,*
So when ſhe wakes, ſhe happely may record,
Her ſweeteſt dreames in ſome more pleaſing ſtile.

H. Plat.

THE TABLE.

A.

ÆNula campana rootes preſerued. a. 1
Almondes into leach. a. 27
Almon butter to make. a. 57.
Almonds into gelly. a. 58
Alliger diſtilled. b. 16
Apples kept drie all the yeare. a. 47
Aqua rubea. b. 7
Aqua compoſita, of D. Steuens. b. 8
Artichokes kept long. a. 69

B

Bags ſweet to lie amongſt linnen. d. 35
Ball to take out ſtaines. d. 3
Ball to waſh with. d. 8
Balme water. b. 5
Beaumanger. c. 11
Beefe roaſted kept long. c. 18
Beefe poudred kepte long without charge. c. 19
Beefe freſh at the Sea. c. 20
Bewty for the face, d. 7. 14

Bisket bread or french bisket. a.19
Bisket called prince bisket. a.20
Bisket called biskettello. a.21
Bloud of hearbes. b.22
Borage candied. a.11
Botling of beere truly. c.27
Bottles musty helped. c.28
Bottle ale most excellent. c.32
Brawne to eat tender and delicate. c,13
Broome capers preserued. a.37
Broiling without smoake. c.26
Bruse helped. d.24
Butter tasting of spice or flowers. c,21

C

Cakes sweete without spice or sugar. a,60
Candying of flowers. a,9,53
Candying in rocke candy. a,33.42
Candying of Orenge pilles. a,35
Candles for Ladies tables. c,39
Candles hanging in the ayre c,40
Capers of broome preserued a,37
Capon boiled in white broth c,5
Casting in sugar plate a,13
Casting of sugar in party moldes. a,43

Caſting and molding of fruit. a,44
Cherries preſerued. a,8
Cherry pulp kept drie al the yeere. a,45
Cherries dried in the ſun. a,46
Cheeſe extraordinary. c,22
Cheſnuts kept long. a,73
Chilblaines helped. d,15
Chine of veale or chicken boiled. c,10
Cinamon water. b,10
Collis white and like gellie. a,55
Comfits of all ſorts. a,54
Conſerue of Prunes or dãſons. a,50,52
Conſerue of Strawberies. a,51
Cowcumbers preſerued. a,36
Cowſlip paſte. a,40
Cowſlip water or vineger of the colour of the cowſlip. c,34
Crayfiſh kept long. c,31
Creame clowted. c,23

D

Damaske powder. d,1,9
Damſons in marmelade. a,31
Damſon pulp kept all the yeere. a,45
Damſons in conſerue. a,50,52
Dentifriſes for the teeth. d,26

Diſtillation of hearbs in a newe maner. b. 11
Drying of fruites in the ſun. a, 46

E

EGlantine water. b, 20
Eringo rootes preſerued. a, 1
Extract of vegetables. b, 19

F

FAce ſpotted or freckled to helpe. d, 6 23
Face made faire. d, 7, 14
Face full of heate helped. d, 11, 16 17, 18, 19, 20, 21
Face kept white and cleere. d, 12
Fiſh into paſte. c, 14
Fiſh fried kept long. c, 17
Fleſh kept ſweet in ſummer, c, 24
Flies kept from oile peeces. c, 30
Flounder boiled on the french faſhion c, 3
Flowers preſerued. a, 7
Flowers candied. a, 9, 11
Flowers in rocke candy. a, 42

Flowers

Flowers dried without wrinkling. a,63
Fruit preſerued. a,8
Fruit how to mold and caſt. a,44
Fruit kept dry all the yeere. a,45,46,47
Fruit kept long freſh. a,70

G

GEllie chriſtalline, a,26
Gelly of fruites. a,29
Gelly of Almonds a,58
Gilloflowers kept long a,61
Gilloflowers preſerued a,7
Gilloflower water b,20
Gingerbread a,22
Gingerbread drie a,23
Ginger in rocke candy a,33,42
Ginger greene in ſirup a,49
Ginger candied a,53
Gloues to perfume d,34
Gooſeberries preſerued a,8
Grapes growing all the yeere. a,62
Grapes kept til Eaſter a,64

H

HAnd water excellent. d,2,28
Handes ſteined to helpe. d,5

Handes freckled to helpe. d,6
Handwater of Scotland. b,21
Haſell nuts kept long. a,72
Haire blacke altered d,30,37
Haire made yellow d,36
Hearbs diſtilled in a new maner. b,11
Hearbes to yeeld ſalt b,12
Hearbs to yeelde bloud b,22
Hony to yeeld ſpirit. b,13

I.

IRiſh Aqua vitæ. b,9
Iſop diſtilled in a new maner b,11
Iuyce of Orenges or Lemmons kept al the yeare c,35
Iumbolds to make. a,16

L

LArkes to boile. c,4
Lauender diſtilled in a new maner. b,11
Leach of Almonds a,27
Leach a,59
Leg of mutton boiled after the French faſhion. c,7

Lemmons in marmelade. a,41
Lemmon moulded and caſt a,44
Lemmon iuyce kept all the yeere. c,35
Lettuce in ſucket a,32
Liquerice paſte a,40
Lobſters kept long c,31

M

Mace in rocke candy. a,42
Mallard to boile c,6
Marchpaine paſte a,12,18
Marigolds preſerued a,7
Marigolds candied a,9,11
Marigold paſte a,40
Marmelade of Quinces or Damſons, a,30
Marmelade of Lemmons or Orenges. a,41
May deaw clarified d,33
Morphew helped d,21,22
Mulberies in gelly a,29
Muske ſuger a,2
Muſtard meale c,25
Muſtineſſe helped or preuented in waters. b,24

Nutmegs

N

Nvtmegs in rocke candy. a,33.42
Nutmegs candied a,53
Nuts molded and caſt off a,44
Nuts kept long a,72

O

Orenges preſerued. a,34
Orenge pilles candied a,35
Orenges in marmelade a,41
Orenge molded and caſt off a,44
Orenge iuyce kept all the yeere. c,35
Oiſters kept long. c,15

P

Paſte of flowers. a,14,40
Paſte of Nouie a,15
Paſte to keepe one moiſt a,17
Paſte called puſte paſte a,24
Paſte ſhort without butter a,23
Paſte of Genua of quinces a,30
Paſte of fiſh c,14
Peare molded and caſt off a,44

Peares kept drie. a,47
Perfumes delicate & ſuddainly made. d,31
Perfuming of gloues. d,34
Pickerel boiled on ỹ french faſhion, c,3
Pigeons of ſugar paſte a,10
Pigeons boiled with Rice c,9
Pig to ſowce c,1,2
Pigs petitoes boiled after the French faſhion. c,8
Plums preſerued a,8
Plums dried in the ſun a,46
Pomander to make d,4
Pomander renewed. d,32
Pomatū moſt excellēt for the face. d,13
Pomgranates kept long a,68
Preſeruing of rootes. a,1
Preſeruing of cowcumbers a,36
Prunes in conſerue a,50,52
Pulp of fruit kept al the yeere. a,45

Q

QVidinia of quinces a,28
Quinces into paſte of genua. a,30
Quinces in marmelade a,31
Quinces kept dry al the yeere. a,47

Quinces kept long. a,67

R

Rabbets of ſugar paſte. a,10
Raſpices in gelly. a,29
Rootes preſerued a, 1
Rootes candied a,53
Roſa ſolis to make b,6
Roſemary flowers candied a,9
Roſeleaues to drie a,3,6
Roſe ſirup a,5
Roſes preſerued a,7
Roſes and Roſeleaues candied. a,9,11
Roſe paſte a,40
Roſes kept long a,61
Roſe leaues dryed without wrinkles. a,63
Roſewater diſtilled at Michelmas. b,14
Roſewater diſtilled in a ſpeedy manner. b,15
Roſes to yeeld a ſpirit b,17
Roſewater moſt excellent b,18
Roſewater, and yet the roſeleaues not diſcolored. b,23
Roſewater and oyle drawne together. b,25

Roſewater of the colour of the Roſe. c,34
Roſe vineger of the colour of the Roſe. c,34
Roſe vineger made in a newe manner. c,41

S

SAlet oile purified and graced in taſte and ſmell. c,36
Salmon kept long freſh c,16
Salt of herbes b. 12
Salt delicate for the table c,38
Sawſedges of Polonia c,12
Sirup of Violets a,4
Sirup of Roſes a,5
Sparowes to boile c,4
Spirit of wine extraordinary b,1
Spirit of wine ordinary b,2
Spirits of ſpices b,3
Spirit of wine taſting of any vegetable. b,4
Spirit of hony b,13
Spirit of hearbes and flowers b,17
Skin white and cleere d,7 12
Sunburning helped. d. 22

Stoue

Stoue to Sweat in. d,27
Strawberries in gelly a,29
Strawberies in conſerue a.54
Sucket of Lettuce ſtalkes a,32
Sucket of greene walnuts a,49
Sugar musked a, 2
Sugar paſte for fowle a, 10
Sugar plate to caſt in a,13
Sugar plate of flowers a,14
Sugar plate to colour a,38
Sugar caſt in party moldes a,43
Sugar ſmelling and taſting of the cloue or cynamon. a,71

T.

TEale to boile c,6
Teeth kept white and ſound. d,10
25,26
Time diſtilled in a new maner b,11
Troſſes for the ſea a,39

V

VIneger diſtilled. b,16
Vineger to clarifie c,37
Violet ſirup a,4

Violet paſte. a,40,14
Violet water or vineger of the color of the violet c.34
Vſque bath b,9

W

WAfers to make. a,55
Walnuts in ſucket a,49
Walnuts kept freſh long. a,65,66
Wardens kept drie all the yeere. a,47
Waſhing water ſweet. b,21. d,2,28,29
Whites of egges broken ſpeedily. c.29
Wigin to boile c,6
Wine taſting of wormwood made ſpeedily. c,33

Y

Ytch helped. d,25

FINIS.

The Arte of preſeruing, conſeruing, candying, &c.

1. *How to preſerue Eringo rootes, Aenula campana, and ſo of others in the ſame maner.*

SEeth them till they be tender, thē take away the piths of them, and leaue them in a colander til they haue dropped as much as they will, then hauing a thin ſirup ready, put them being colde into the ſirup being alſo colde, and let them ſtande ſo three daies, then boile the ſirup (adding ſome more freſh ſirup vnto it to ſupply that which the roots haue drunk vp) a little higher, and at three daies ende boile the ſirup againe without any newe addition, vnto the full heigth of a preſeruing ſirup, and put in your roots, and ſo keepe them. Rootes preſerued

preſerued in this maner will eate very tender, becauſe they neuer boiled in the ſirup.

2. *How to make muske ſugar of common ſugar.*

BRuſe 4. or 6. graines of muske, place them in a peece of ſarcenet, fine lawn or cambricke doubled, lay this in the bottome of a gally pot, ſtraining your Sugar thereon, ſtop your pot cloſe, and all the ſugar in a fewe daies will both ſent and taſt of muske, and when you haue ſpente that ſugar, you may lay more ſugar thereon, which wil alſo receiue the like impreſsion. Such musk ſugar is ſold for two ſhillings the pound.

3. *How to drie Roſe leaues in a moſt excellent maner.*

WHen you haue newly taken out your breade, then put in

in your Roſes in a ſieue firſt clipping away the whites, that they may be all of one colour, lay them about one ynch in thickneſſe in the ſiue, and when they haue ſtood halfe an houre or thereabout they will growe whitiſh on the top, let them yet remayne without ſtirring till the vppermoſt of them be fully dried, then ſtir thé together, and leaue them about one other halfe houre, and if you finde them drie in the top, ſtir them together againe, and ſo continue this work vntill they bee throughly dried, then put them hote as they are into an earthen pot hauing a narrow mouth, and being wel leaded within, (the Refiners of gold and ſiluer, call theſe pots hookers) ſtop it with corke, and wet parchment, or with Waxe and Roſen mixed together, and hang your pot in a chimney or neere a continuall fier, & ſo they wil keep exceeding faire in color & moſt deli

cate

cate in ſente. And if you feare their relenting, take the Roſeleaues about Candlemas, and put them once againe into a ſiue ſtirring them vp and downe often till they bee drie, and then put them vp againe hote into your potte. Note that you muſt ſet vp your ouen lidde, but not lute it about when you ſet in your Roſeleaues, either the firſt or ſecõd time, poſt. numero. 6.

4 *A moſt excellent ſirup of Violets, both in taſte and tincture.*

EXpreſſe the iuyce of clipt Violets, & to three parts of iuyce take one fourth parte of conduit water, put the ſame into an Alablaſter morter, with the leaues which you haue ſtamped, and wring the ſame out through a cloth, as you did at the firſt into the other iuyce, put thereto a ſufficient proportion of the fineſt ſugar

ger and brought alſo into a moſt fine powder, let the ſame ſtand 10. or 12. houres in a cleane glaſed earthen pan, then draine away the cleereſt, and put it into a glaſſe, and put thereto a few drops of the iuyce of Lemmons, and it will become cleere, tranſparent and of the violet colour. Then you may expreſſe more iuyce into the ſugar, which will ſettle in the bottome, with ſome of the thickeſt part of the iuyce, and heating the ſame vpon a gentle fire, it will alſo becom a good ſirup of violets, but not comparable to the firſt. By this manner of worke you gaine one quarter of ſirup more then diuers Apothecaries do.

5. *A ſingular manner of making of the ſirup of Roſes.*

FILL a ſiluer baſon three quarters full of rayne water, or roſe-water, put therein a conuenient

proportion of Roſe leaues, couer the baſon and ſet it vpon a pot of hote water (as wee vſually bake a Cuſtarde) in three quarters of an houre, or one whole houre at the moſt, you ſhal purchaſe the whole ſtrength and tincture of the Roſe, then take out thoſe leaues, wringing out al their liquor gently, and ſtiepe more freſh leaues in the ſame water, continue this iteration 7. times, and then make it vp in a ſirup, and this ſirup worketh more kindely then that which is made meerely of the iuyce of the Roſe. You may make ſundry other ſirups in this maner. Quære of hanging a pewter heade ouer the baſon, if the aſcending water will be worth the keeping.

6. *An other way for the drying of Roſe leaues.*

DRie them in the heat of a hot ſunnie daie vppon a Leades turning

turning them vp and downe till they bee drie (as they doe haye) then put them vp into glaſſes wel ſtopt & luted, keeping your glaſſes in warme places, and thus you may keepe all flowers: but hearbs after they are dried in this manner, are beſt kept in paper bags, placing the bagges in cloſe Cubboardes.

7. *How to preſerue whole Roſes, Gilloflowers, Marigolds, &c.*

DIp a Roſe that is neither in the bud nor ouerblowne in a ſirup, conſiſting of ſugar double refined, and Roſe water boiled to his true higth, then open the leaues one by one, with a fine ſmooth bodkin either of bone or wood, and preſently if it be a hote funnie daie, and whileſt the ſunne is in ſome good heigth, lay them on papers in the ſunne, or elſe

drie them with ſome gentle heate in a cloſe Roome, heating the roome before you ſet them in, or in an ouen vpon papers, in pewter diſhes, and then put them vp in glaſſes, and keepe them in drie cupbords neere the fire. You muſt take out the ſeeds if you meane to eate them. You may prooue this preſerūing with Sugarcandie in ſteed of ſugar if you pleaſe.

8. *The moſt kindely way to preſerue plums, cherries, Gooſeberies, &c.*

YOu muſt firſt purchaſe ſome reaſonable quantity of their owne iuyce, with a gentle heat vpon imbers betweene two diſhes, deuiding the iuyce ſtill as it commeth in the ſtewing, then boyle each fruit in his owne iuyce with a conuenient proportion of the beſt refined ſugar.

9. How to candy Roſemary flowers, Roſe leaues, Roſes, Marigoldes, &c. with preſeruation of colour.

DIſſolue refined, or double refined ſugar, or ſugarcandy it ſelfe in a little Roſewater, boile it to a reaſonable higth, put in your rootes or flowers when your ſirup is either fully cold, or almoſt cold let them reſt therein till the ſirup haue pierced them ſufficientlie, then take out your flowers with a skimmer, ſuffering the looſe ſirup to run from them as long as it will, boile that ſirup a little more, & put in more flowers as before, deuide them alſo, then boile all the ſirup which remaineth and is not drunke vp in the flowers, to the heigth of *manus chriſti*, putting in more ſugar if you ſee cauſe, but no more Roſe water, put your flowers therin when your ſirup is cold or almoſt cold, and let them ſtand til they candy.

10. *A moſt delicate and ſtiffe ſugar paſte, whereof to caſt Rabbets, Pigeons, or any other little birde or beaſt, either from the life or carued molds.*

FIrſt diſſolue Iſinglaſſe in faire water, or with ſome Roſewater in the latter ende, then beat blanched Almondes as you would for marchpane ſtuffe, and drawe the ſame with creame and Roſe water (milke will ſerue, but creame is more delicate) then put therein ſome poudred ſugar, into which you muſt diſſolue your Iſinglaſſe beeing firſt made into gelly, in faire warme water, (note ye more Iſinglaſſe you put therein the ſtiffer your worke will proue,) then hauing your Rabbets, woodcock, &c. molded either in plaiſter fró life or elſe carued in wood (firſt annointing your woodden molds with oile of ſweete Almonds, and your plaiſter or ſtone molds with barrowes

barrowes greace) poure your ſugar-paſte thereon. A quarte of creame, a quarterne of almonds, 2 ounces of Iſinglaſſe, and 4. or 6. onnces of ſugar is a reaſonable good proportion for this ſtuffe. (Quære of moulding your birds, Rabbets, &c. in the compounde wax mentioned in my *Iewell-houſe*, in the title of the *Arte of molding & caſting pag.* 60. For ſo your molds will laſt long. You may dredge ouer your foule with crũs of bread, cynamon and ſugar boiled together, & ſo they wil ſeeme as if they were roaſted & breaded. Leach & gelly may be caſt in this manner. This paſt you may alſo driue with a fine rouling pin, as ſmooth & as thin as you pleaſe; it laſteth not long, & therefore it muſt be eaten within a fewe daies after the making thereof. By this meanes a banquet may be preſented in the forme of a ſupper, being a verie rare and ſtrange deuiſe.

11. *To candy Marigolds, Roſes, Borrage, or Roſemary flowers.*

BOyle Sugar and Roſe water a litle vpon a chafing diſh with coales, then put the flowers (being throughly dried, either by the ſunne or on the fire) into the ſugar, and boile them a little, then ſtrewe the pouder of double refined ſugar vpon them, and turne them, and let them boile a little longer, taking the diſh from the fire, then ſtrew more powdred ſugar on the contrary ſide of the flower. Theſe will drie of themſelues in 2. or 3. howers in a hote ſunny day, though they lie not in the ſunne.

12. *To make an excellent marchpane paſte, to print oft in moldes for banqueting diſhes.*

TAke to euery Iordan almonde blanched, three ſpoonfuls of the

the whiteſt refined ſugar you can get, ſearce your ſugar, and nowe and then as you ſee cauſe put in 2. or three drops of damaske Roſe water, beate the ſame in a ſmooth ſtone morter, with great labor, vntill you haue brought it into a dry ſtiffe paſte; one quarterne of ſugar is ſufficient to worke at once. Make your paſte into little bals, euery ball containing ſo much by eſtimation as will couer your molde or printe, then rowle the ſame with a rowling pin, vppon a ſheet of clean paper, without ſtrewing any powdered ſugar either vpon your paſte or paper. There is a country gentlewoman whome I could name, which venteth great ſtore of ſugar cakes made of this compoſition. But the onelie fault which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almonds, and therefore you may proue the making thereof with ſuch almõds

which haue had ſome part of their oile taken from them by expreſſion, before you incorporate thé with the ſugar, and ſo happely you may mixe a greater quantity of them with the ſugar, becauſe they are not ſo oily as the other. You may mixe cynamon or ginger in your paſte, and that will both grace the taſte and alter the colour; but the ſpice muſt paſſe through a faire ſearce: you may ſteepe your Almondes in cold water all night, and ſo blanch them colde, and being blanched drie them in a ſieue ouer the fire. Here the garble of Almonds will make a cheape paſte.

13. *The making of ſugar plate and caſting thereof in carued molds.*

TAke one pound of the whiteſt refined or double refined ſugar if you can get it, put thereto three ounces (ſome cõfit makers put

put 6. ounces for more gaine) of the beſt ſtarch you can buie, and if you dry the ſugar after it is pou dred, it will the ſooner paſſe thorough your lawne ſearce : then ſearce it & lay the ſame on a heap in the midſt of a ſheet of clean paper, in the middle of which maſſe, put a pretty lump of ỹ bignes of a walnut of gum dragagāt, firſt ſtieped in Roſe water one night, a porenger ful of Roſe water is ſufficient to diſſolue one ounce of gum (which muſt firſt bee well picked leauing out the droſſe) remember to ſtraine the gum through a canuas, then hauing mixed ſome of the white of an egge with your ſtrained gum, temper it with the ſugar betwixt your fingers by little and litle, til you haue wrought vp all the ſugar and the gumme together into a ſtiffe paſte, and in the tẽpering let there bee alwaies ſome of the ſugar betweene your fingers and the gumme, then duſt

your

your wooden moulds a little with ſome of ỹ powdred ſugar, through a peece of lawne or fine linnen cloth, and hauing driuen out with your rowling pin a ſufficient portion of your paſte to a conuenient thicknes, couer your mold therewith, preſsing the ſame downe into euery hollow part of your mold with your fingers, and when it hath taken the whole impreſsion, knocke the molde on the edge against a Table, and the paſt will iſſue forth with the impreſsion of the molde vpon it, or if the mold bee deepe cut, you may put in the point of your knife gently into the deepeſt parts heere and there, lifting vp by little and little the paſte out of the molde. And if in the making of this paſte you happen to put in too much gum, you may put more ſugar thereto, and if too much ſugar, then more gũ: you muſt alſo worke this paſte into your molds as ſpeedily as you can,

can, after it is once made, and before it harden, and if it growe ſo hard that it crack, mix more gum therewith. Cut away with your knife frō the edges of your paſt al thoſe pieces which haue no part of the worke vpon them, & worke them vp with the paſte which remaineth; and if you will make ſawcers, diſhes, bolles, &c. then (hauing firſt driuē out your paſte vpon paper, firſt duſted ouer with ſugar, to a conuenient largeneſſe and thickneſſe) put the paſte into ſome ſawcer, diſh, or boll of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, til it reſemble the ſhape of the diſh, then pare awaie the edges with a knife, euen with the skirte of your diſh or ſawcer, and ſet it againſt the fire till it be dry on the inſide, thē with a knife gēt it out as they vſe to doe a diſh of butter, and drie the backe ſide, then guilde it on the edges with the

the white of an egge laide rounde about the brim of the diſh with a penſill, and preſſe the gold downe with ſome cottó, & when it is dry skew or bruſh off the golde with the foot of a Hare or Conny. And if you would haue your paſt excee ding ſmooth, as to make cardes and ſuch like conceiptes thereof, then roule your paſte vpon a ſliked paper with a ſmooth and poliſhed rowling pin.

14. *A way to make ſugar plate both of the colour and taſte of any flower.*

TAke Violets and beat them in a morter with a little hard ſugar, then put vnto it a ſufficient quantity of Roſewater, then lay your gum in ſtiepe in the water & ſo work it into paſte, & ſo wil your paſte be both of the colour of the violet, and of the ſmell of the violet. In like ſort may you work with marigolds, cowſlips, primroſes, bugloſſe, or any other flower,

15. *To make paſte of Nouie.*

TAke a quarter of a pounde of valentian almonds, otherwiſe called the ſmall Almonds or Barbary Almonds, and beate them in a morter til they come to paſte, then take ſtale Manchet beeing grated, and drie it before the fire in a diſh, then ſift it, then beate it with your Almondes, put in the beating of it a litle cinamon, ginger and the iuyce of a Lemmon, & when it is beaten to perfit paſte print it with your moldes, and ſo drie it in an ouen after you haue drawne out your bread, this paſte will laſt all the yeere.

16. *To make Iumbolds.*

TAke halfe a pound of almonds beeing beaten to paſte with a ſhort cake being grated and 2. egs, 2. ounces of caraway ſeeds, being beaten

beaten, and the iuyce of a Lemmon, & being brought into paſte roule it into round ſtringes, then caſte it into knots, and ſo bake it in an ouen, and when they are baked, yce them with roſewater and ſugar, and the white of an egge being beaten together, then take a feather and guilde them, then put them againe into the ouen, and let them ſtand in a litle while, and they will be yced cleane ouer with a white yce, and ſo boxe thē vp, and you may keepe them all the yeere.

17. *To make a paſte to keep you moiſt, if you liſte, not to drinke oft, which Ladies vſe to carry with them when they ride abroad.*

TAke halfe a pound of damaske prunes & a quartern of dates, ſtone them both, and beate them in a morter with one warden being roaſted, or elſe a ſlice of olde marme-

marmelade, & ſo print it in your moldes, and drie it after you haue drawne bread, put ginger vnto it, and you may ſerue it in at a banquet.

18. *To make a Marchpane.*

TAke two pounds of Almonds being blanched and dried in a ſieue ouer the fire, beat them in a ſtone morter, and when they be ſmall mixe with them two pounde of ſugar being finely beaten, adding two or three ſpoonefuls of Roſe water, and that wil keep your Almonds from oyling, when your paſte is beaten fine, driue it thin with a rowling pin, and ſo lay it on a bottome of wafers, then raiſe vp a little edge on the ſide, and ſo bake it, then yce it with Roſewater and ſugar, then put it into the ouen againe, & when you ſee your yce is riſen vp and drie, then take it out of the ouen and garniſh it with

with pretty conceiptes, as birdes and beaſts being caſt out of ſtanding moldes. Sticke long comfits vpright in it, caſt bisket and carawaies in it, and ſo ſerue it; guild it before you ſerue it: you may alſo print of this marchpane paſte in your moldes for banquetting diſhes. And of this paſte our comfitmakers at this day make their letters, knots, Armes, eſcocheons, beaſts, birds, and other fancies.

19. *To make bisket breade, otherwiſe called french bisket.*

TAke halfe a pecke of fine flower, two ounces of Coliander ſeedes, one ounce of annis ſeeds, the whites of foure egges, halfe a pinte of Ale yeaſt, and as much water as will make it vp into ſtiffe paſt, your water muſt be but bloud warme, then bake it in a long roll as big as your thigh, let it ſtay in the ouen but one houre, and when it

it is a day olde, pare it and ſlice it ouerthwart, thē ſugar it ouer with fine poudered ſugar, and ſo drie it in an ouen againe, and being drie take it out and ſugar it againe, thē box it, and ſo you may keepe it all the yeere.

20. *To make prince bisket.*

TAke one pounde of very fine flower, and one pound of fine ſugar, and eight egges, and two ſpoonfuls of Roſe water, and one ounce of caraway ſeeds, and beat it all to batter one hole houre, for the more you beate it, the better your bread is, then bake it in coffins of white plate, beeing baſted with a little butter before you put in your batter, and ſo keepe it.

21. *To make an other kind of bisket, called biskettello.*

TAke halfe an ounce of gumme Dragagant, diſſolue it in Roſewater

Roſewater with the iuice of a lemmon and two graines of muske, then ſtraine it through a faire linnen cloth with the white of an egge, then take halfe a pounde of fine ſugar being beaten, and one ounce of caraway ſeedes, beeing alſo beaten and ſearced, and then beate them altogether in a morter till they come to paſte, then roll them vp in ſmal loaues about the bignes of a ſmal egge, put vnder the bottome of euery one, a peece of a wafer, and ſo bake them in an ouen vpon a ſheete of paper, cut them on the ſides as you do a manchet, and pricke them in the middeſt, when you beeake them vp they will be hollowe and full of eyes.

22. *To make Gingerbread.*

TAke three ſtale manchets and grate them, dry them, and ſift them through a fine ſieue, thē adde

adde vnto them one ounce of ginger being beaten, and as much Cinamon, one ounce of liquerice and Anniſeedes being beaten together and ſearſed, halfe a pound of ſugar, then boile all theſe together in a poſnet, with a quart of claret wine till they come to a ſtiffe paſte with often ſtirring of it, and when it is ſtiffe, mold it on a table, and ſo driue it thin, and print it in your moldes, duſt your moldes with cynamon, ginger, and liquerice, being mixed togither in fine pouder. This is your Gingerbreade vſed at the Court and in al gentlemens houſes at feſtiual times. It is otherwiſe called drie Leach.

23. *To make dry Gingerbread.*

TAke halfe a pound of almonds and as much grated Cake, and a pounde of fine ſugar, and the yolke of two newe laide egges, the iuyce

iuyce of a Lemmon, and two graynes of muske, beate all theſe togither till they come to a paſte, then print it with your molds, and ſo drie it vpon papers in an ouen after your bread is drawn.

24. *To make puffe paſte.*

TAke a quart of the fineſt flower and the whites of three egges, and the yolke of two, and a little colde water, and ſo make it into perfect paſte, then driue it with a rolling pin abroade, then put on ſmall pieces of butter as big as Nuts vpon it, then folde it ouer, then driue it abroad againe, then put ſmall pieces of butter vpon it as you did before, doe this tenne times, alwaies folding the paſte and putting butter between euerie folde. You may conuay anie pretty forced diſh, as Florentine, Cherry tarte, rice or pippens, &c. betweene two ſheets of that paſte.

To

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipken, and bake it in an ouen when you bake manchet, then take the yolkes of two or three egs, and a pint of creame and make paſte, put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſweet. In like ſort when you make ſugar cakes bake your flower firſt.

26. *To make chriſtall gelly.*

TAke a knuckle of veale, and two calues feete (your calues feet being ſhaied & ſcalded) and boile them in faire ſpring water, and when they are boiled ready to eate, you may ſaue your fleſh and not boile it to pieces, for if you do ſo, the gelly will looke thicke, then take a quarte of the cleereſt of

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26. *To make chriſtall gelly.*

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of the ſame broth, and put it into a poſnet, adding thereunto ginger, white pepper 6. whole cloues, one nutmeg quartered, one grein of muske, put all theſe whole ſpices in a little bag, and boile them in your gelly, ſeaſon it with foure ounces of ſugarcandy, and three ſpoonfuls of Roſewater, ſo let it run through your gelly bag, and if you meane to haue it look of an amber colour, bruſe your ſpices and let them boile in your gellie looſe.

27. *To make Leach of Almondes.*

TAke halfe a pounde of ſweete Almondes, and beate them in a morter, then ſtraine them with a pinte of ſweete milke from the Cow, then put vnto it one graine of muske, two ſpoonfuls of Roſewater, two ounces of fine ſugar, the waight of three whole ſhillings of Iſinglas that is very white, and

and ſo boile them, then let all run through a ſtrainer, then may you ſlice the ſame and ſo ſerue it.

28. *To make Quidinia of Quinces.*

TAke the kernels out of eight great Quinces, and boile thē in a quart of ſpring water, till it come to a pint, then put into it a quarter of a pinte of Roſe water, and one pound of fine ſugar, and ſo let it boile till you ſee it come to be of a deepe colour: then take a drop, and drop it on the bottom of a ſawcer, and if it ſtande, take it off, then let it run through a gelly bagge into a baſon, then ſet on your baſon vpon a chafing diſh of coales to keepe it warme, then take a ſpoone, and fill your boxes as full as you pleaſe, & when they be colde couer them: and if you pleaſe to print it in moldes, you muſt haue molds made to the bignes of your boxe, and wet your

moldes with Roſewater, and ſo let it run into your mold, & when it is colde turne it off into your boxes. If you wette your moldes with water, your gelly will fall out of them.

29 *To make gelly of ſtrawberies, mulberies, Raſpis berries, or any ſuch tender fruit.*

TAke your berries and grinde them in an alablaſter morter with foure ounces of ſugar and a quarter of a pint of faire water, and as much Roſewater, and ſo boile it in a poſnet with a little peece of Iſinglas, and ſo let it run throgh a fine cloth into your boxes, and ſo you may keepe it all the yeere.

30 *To make paſte of Genua of quinces.*

TAke Quinces and pare them, and cut them in ſlices, & bake them

them in an ouen drie in an earthen pot without any other iuice then their owne, then take one pound thereof, ſtraine it, and put it into a ſtone morter with halfe a pounde of ſugar, and when you haue beaten it vp to paſte, print it in your moldes, and drie it three or foure times in an ouen after you haue drawn bread, and when it is througly drie and hardened you may boxe it, and it will keepe all the yeere.

31 *To make marmelade of Quinces or Damſons.*

WHen you haue boiled your Quinces or Damſons ſufficiently, ſtreine them, then drie the pulpe in a pan on the fire, and when you ſee there is no water in it, but ẏ it beginneth to be ſtiffe, then mixe two pounde of ſugar with 3. pounde of pulpe, this marmelade will be white marmelade: and if you will haue it looke with

with an high colour, put your ſugar and your pulpe together, ſo ſoone as your pulpe is drawn, and let them both boile together, and ſo it wil looke of the colour of ordinary marmelade, like vnto a ſtewed wardē, but if you dry your pulpe firſt, it will looke white and take leſſe ſugar, you ſhall knowe when it is thicke enough, by putting a little into a ſawcer, letting it coole before you box it.

32. *To make ſucket of Lettuce ſtalks.*

TAke Lettuce ſtalkes, and pil away the outſide, then perboile them in faire water, then let them ſtand al night drie, then take halfe a pint of the ſame liquour, and a quarter of a pinte of Roſe water, and ſo boile it to a ſirup, and when your ſirup is betwixt hote & cold put in your aforeſaid rootes, and let them ſtand all night in your ſirup to make them take ſugar, and then

thē the next day your ſirup wil be weake againe, then boile it again, and take out your rootes. In the like ſorte may you keepe Orenge pilles or greene walnuts, or anie thing that hath the bitternes firſt taken from it, by boiling in water.

33. *To candy nutmegs or ginger, with an hard rocke candy.*

TAke one pounde of fine ſugar, and eight ſpoonefuls of Roſe-water, and the waight of 6. pence of gum Arabique that is cleere, boile them together to ſuch an higth, as ẏ dropping ſome there-of out of a ſpoone, the ſirup dce rope and run into the ſmalneſſe of an haire, then put it into an ear-then pipken, wherein place your nutmegs, ginger or ſuch like, thē ſtop it cloſe with a ſawcer, and lute it well with clay, that no ayre may enter, then keep it in a hote place three weekes, and it will candie

hard. You muſt breake your pot with an hammer, for otherwiſe you cannot get out your candy. You may alſo candy orenges or lemmons in like ſort if you pleaſe.

34 *To preſerue Orenges after the portugall faſhion.*

TAke orenges and coare thē on the ſide and lay them in water, then boile them in faire water till they be tender, ſhift them in the boiling to take away their bitterneſſe, then take ſugar and boile it to the higth of ſirup as much as will couer them, and ſo put your orenges into it, and that wil make them take ſugar. If you haue 24. orenges beate 8. of them till they come to paſte with a pounde of fine ſugar, then fill euery one of the other orenges with the ſame, and ſo boile them againe in your ſirup: then there will bee marmelade of orenges within your orenges, & it wil cut like an hard egge.

35 *To*

35 *To candy orenge pilles.*

TAke your orenge pilles after they be preſerued, then take fine ſugar and Roſe water, and boile it to the higth of *manus chriſti*, then drawe it through your ſugar, then lay them on the bottom of a ſieue, and drie them in an ouen after you haue drawne bread, and they will be candied.

36 *To preſerue Cowcumbers all the yeere.*

TAke a gallon of faire water, and a pottle of veriuyce, and a pint of bay ſalte, and a handfull of greene fennell or Dyll, boyle it a little, and when it is cold put it into a barrel, and then put your Cowcumbers into that pickle, and you ſhall keepe them all the yeere.

37. *To preſerue broome Capers all the yeere.*

BOyle a quart of Veriuice and an handfull of bay ſalte, and therein you may keepe them all the yeare.

38 *To colour ſugar plate with ſeuerall colours.*

YOu may mix Roſet with your fine ſearced ſugar vntill the colour pleaſe you, and ſo ſhal you haue a faire murry colour. Sapgreene muſt be tempered in a little Roſe water, hauing ſome gum firſt diſſolued therein, and ſo lay it on with a penſil vpon your paſte in apte places. With Saffron you may make a yellowe colour in the like manner, firſt drying and powdering your ſaffron, and after it hath coloured the Roſe water ſufficiently, by ſtrayning it through fine linnen. The pouder of Cinamon

mon maketh a walnut colour, and ginger and cinamon together a lighter colour.

39 *To make Troſſes for the Sea.*

FIrſt make paſte of ſugar and gum dragagant mixed together, then mixe therewith a reaſonable quantity of the pouder of cynamon and ginger, and if you pleaſe a little muske alſo, & make it vp into rols of ſeuerall faſhions guilding them heere and there. In the ſame manner you may alſo conuey any purgatiue, vomit, or other medicine into ſugar paſte.

40. *To make paſte of Violets, Roſes, Marigolds, Cowſlips, or liquerice.*

SHred, or rather powder the dry leaues of your flower, putting thereunto ſome fine powder of Ginger, Cinamon, and a little muske if you pleaſe, mixe them al

confuſedly together, thē diſſolue ſome ſugar in Roſe water, and being boiled a litle put ſome ſaffron therein, if you worke vpon Marigolds, or elſe you may leaue out your ſaffron, boile it on the fire vnto a ſufficient higth: you muſt alſo mixe therewith the pap of a roaſted apple being firſt well dried in a diſh ouer a chafing diſh of coales, then poure it vpon a trencher, beeing firſt ſprinkled ouer with Roſewater, and with a knife worke the paſte together. Then breake ſome ſugarcandy ſmal, but not to pouder, and with gumme dragagant faſten it heere and there to make it ſeem as if it were roch candied, cut the paſte into peeces of what faſhiō you liſt with a knife firſt wet in Roſewater. In licorice paſte you muſt leaue out the pap of the pippen, and then worke your paſte into dry rols. Remēber to ſearce the liquerice through a fine ſearce. Theſe rols

are

are very good againſt any cough or colde.

41. *To make marmelade of Lemmons or Orenges.*

TAke 10. Lemmons or orenges, and boile them with halfe a dooſen pippins, and ſo drawe thē through a ſtrainer, then take ſo much ſugar as the pulp doth wey, and boile it as you do marmelade of Quinces, and then box it vp.

42 *How to candy Nutmegs, Ginger, Mace and flowers in halfe a day with hard or roch candy.*

LAy your Nutmegs in ſteepe in common Lee made with ordinary aſhes 24 houres, take them out and boile them in faire water till they be tender, and to take out the Lee, then drie them and make a ſirup of double refined ſugar & a little Roſewater to the higth of

of a *manus Chriſti*, place this ſirup in a gentle balneo or ſome ſmall heate, putting your Nutmegs into the ſirup. Note that you muſt skim the ſugar as it caſteth anie skumme before you put in your Nutmegs; then hauing ſugarcandy firſt bruſed groſſely, and ſearced through colanders of ſeueral bigneſſe, take the ſmalleſt thereof, and roll your Nutmegges vp and downe therein, either in a diſh, or vpon clean paper, then ſtoue your Nutmegges in a cupboard with a chafing diſh of coales, which muſt bee made hote of purpoſe before you ſet them in, and when they are drie enough, dip them againe in freſh ſirup boiled to his higth as before, and roll them in the groſſer ſugarcandy, and thē ſtoue them againe till they be hard, and ſo the thirde time if you wil increaſe their candie. Note that you muſt ſpend al the ſugar which you diſſolue at one time with candying

dying of one thing or other therin preſently; the ſtronger that your lie is, the better: and the nutmeg, ginger, &c. would lie in ſtiepe in the lee 10. or 12. dayes, and after in the ſirup of ſugar in a ſtoue or cupboard with a chafing-diſh and coales one whole weeke, and then you may candie them ſuddainly as before. Flowers and fruits are done preſently without any ſuch ſtieping or ſtouing as before, onely they muſt be put into the ſtoue after they are coated with your poudred ſugarcandie, and theſe flowers or ffruits as they are ſuddainly done, ſo they will not laſt aboue two or three dayes faire, and therefore onely to bee prepared for ſome ſet banquet.

43. *Caſting of ſugar in partie moldes of woode.*

LAy your moldes in faire water three or foure houres before you

you caſt, then dry vp your inward moiſture with a cloth of linnen, then boile Roſewater & refined ſugar together, but not to any great ſtiffenes, then poure it into your moldes, let your molds ſtand one houre, and then gently part or open the moldes, and take out that which you haue caſt, you may alſo worke the paſte *ante numero* 12. 13. into theſe molds, firſt printing or preſsing gẽtly a little of the paſte into the one halfe, and after with a knife taking away the ſuperfluous edges, and ſo likewiſe of the other halfe, then preſſe both ſides of the mold togither, two or three times, & after take away ẏ creſte that will ariſe in the middeſt, and to make the ſides to cleaue together, you may touch thẽ firſt ouer with gum Dragagant diſſolued, before you preſſe the ſides of the mold together. Note that you may conuey cõfets within before you cloſe the ſides. You may caſte of any

any of theſe mixtures or paſtes in alablaſter molds, molded frō ỹ life

44 *To mold of a Lemmon, orenge, peare, Nut, &c. and after to caſt it hollow within, of ſugar.*

FIll a woodden platter halfe ful of ſande, then preſſe downe a Lemmon, peare, &c. therin to the iuſt halfe thereof, then temper ſome burnt Alablaſter with faire water in a ſtone or copper diſh, of the bignes of a great ſiluer boll, and caſt this pap into your ſande, and from thence clap it vpon the Lemmon, Peare, &c. preſsing the pap cloſe vnto it. Then after a while take out this halfe parte with the Lemmon in it, and pare it euen in the inſides as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3 little holes in ỹ halfe, (*vz.* in the edges thereof) laying it downe in the ſand againe, and ſo caſt

caſt an other halfe vnto it, then cut off a piece of the top of both your party molds, & caſt thereto an other cap in like maner as you did before. Keepe theſe 3. partes bound together with tape till you haue cauſe to vſe them, and before you caſt, lay them alwaies in water, and drie vp the water again before you poure in the ſugar. Colour your Lemmon with a little ſaffron ſtieped in Roſe water; vſe your ſugar in this manner. Boile refined, or rather double refined ſugar and Roſewater to his full heigth. *vz.* till by pouring ſome out of a ſpoone, it wil run at the laſt as fine as a haire; then taking off the cap of your molde, poure the ſame therein, filling vp the mold aboue the hole, and preſently clap on the cap, and preſſe it downe vppon the ſugar, then ſwing it vp and downe in your hande, turning it rounde, and bringing the neather part ſometimes

times to bee the vpper part in the turning, and *è conuerſo*. This is the manner of vſing an Orenge, Lemmon or other rounde molde, but if it be long as a pigs foot will be being molded, then roll it, and turne it vp and downe long waies in the ayre.

45. *Howe to keepe the drie pulpe of Cherries, Prunes, Damſons, &c. all the yeere.*

TAke of thoſe kind of cherries which are ſharpe in taſte (*Qre* if the common blacke and redde cherry will not alſo ſerue, hauing in the ende of the decoction a little oile of Vitrioll or ſulphur, or ſome veriuice of ſoure grapes, or iuice of Lemmons mixed therewith to giue a ſufficient tartneſſe) pull off their ſtalkes and boile thé by themſelues without the addition of any liquour in a chaldron or pipken, and when they begin once

once to boile in their owne iuice, ſtir them hard at the bottom with a ſpattle leaſt they burne to ye pans bottom. They haue boiled ſufficiently, when they haue caſt off all their skins, and that the pulp and ſubſtance of the cherries is grown to a thicke pap, then take it from the fire, and let it coole, then deuide the ſtones and skins, by paſſing the pulpe onely through the bottome of a ſtrainer reuerſed as they vſe in *Caſſia fiſtula*, then take this pulp and ſpreade it thin vpon glazed ſtones or diſhes, and ſo let it drie in the ſunne, or elſe in an ouen preſentlie after you haue drawne your breade, then looſe it from the ſtone or diſh, and keepe it to prouoke the appetite, and to coole the ſtomacke in feuers, and all other hote diſeaſes. Proue the ſame in all maner of fruite, if you feare aduſtion in this worke you may finiſh it in a hote balneo.

46 *Howe to drie all manner of plums or cherries in the ſunne.*

IF it be a ſmall fruit you muſt dry them whole, by laying them abroad in the hote ſunne, in ſtone or pewter diſhes, or Iron or braſſe pannes, turning them as you ſhall ſee cauſe. But if the plum be of any largenes, ſlit each plum on the one ſide from the top to the bottome, and then lay them abroade in the ſunne, but if they be of the biggeſt ſort, then giue each plum a ſlit on either ſide: and if the ſun doe not ſhine ſufficiently during the practiſe, then drie them in an ouen that is temperately warme.

47 *How to keepe Apples, peares, Quinces, wardens, &c. all the yeere drie.*

PAre them, take out the coares, and ſlice them in thinne ſlices laying

laying them to drie in the ſunne in ſome ſtoue or mettalline diſhes or vpō high frames couered with courſe canuas, now and then turning them, and ſo they will keepe all the yeere.

48. *To make greene ginger vpon ſirup.*

TAke Ginger one pounde, pare it cleane, ſtiepe it in red wine and vineger equally mixed, let it ſtand ſo 12. daies in a cloſe veſſell, and euery day once or twice ſtir it vp and downe, then take of wine one gallon, and of vineger a pottle, ſeethe altogether to the conſumption of a moity or half, then take a pottle of cleane clarified hony or more, and put thereunto, and let them boile well together, then take halfe an ounce of ſaffron finely beaten, and put it thereto with ſome ſugar if you pleaſe.

49 *To make ſucket of greene VValnuts.*

TAke Walnuts when they are no bigger then the largeſt haſill nut, pare away the vppermoſt greene, but not too deepe, then ſeeth them in a pottle of water, til the water bee ſodden away, then take ſo much more of freſh water, and when it is ſodden to the halfe, put thereto a quart of vineger & a pottle of clarified hony.

50. *To make conſerue of Prunes or Damſons.*

TAke ripe Damſons, put them into ſcalding water, let them ſtande a while, then boile them ouer the fire till they breake, then ſtraine out the water through a colander, and let them ſtand therin to coole, then ſtraine the damſons through the colãder, taking away

away the ſtones and skinnes, then ſet the pulpe ouer the fire againe, and put thereto a good quantitie of red wine, and boile them wel to a ſtiffenes, euer ſtirring them vp and downe, and when they bee almoſt ſufficiently boiled, put in a conuenient proportion of ſugar, ſtir all well together and after put it in your gally pots.

51 *To make conſerue of ſtrawberies.*

FIrſt ſeethe them in water, and then caſt away the water, and ſtreine them, then boile them in white wine and work as before in damſons; or elſe ſtraine them being ripe, then boile them in wine and ſugar till they be ſtiffe.

52 *Conſerue of Prunes or Damſons made an other way.*

TAke a pottle of damſons, prick them and put them into a pot, putting

putting thereto a pint of Roſewater or wine, and couer your pot, let them boile well, then incorporate them by ſtirring, and when they be tender let them coole, & ſtreine them with the liquor alſo, then take the pulpe and ſet it ouer the fire, and put thereto a ſufficient quantity of ſugar, and boile them to their higth or conſiſtencie, and put it vp in gally pots, or Iarre glaſſes.

53 *How to candy Ginger, Nutmegs, or any root or flowers.*

TAke a quarter of a pounde of the beſt refined ſugar, or ſugar candie which you can get, powder it, put thereto two ſpoonfuls of Roſewater, dip therein your Nutmegs, ginger, rootes, &c. being firſt ſodden in faire water till they be ſofte and tender, the oftner you dippe them in your ſirup, the thicker the candie will bee, but

but it will be the longer in candying; your ſirup muſt bee of ſuch ſtiffeneſſe, as that a drop thereof beeing let fall vpon a pewter diſh, may congeale and harden beeing cold. You muſt make your ſirup in a chafing diſh of coales, keeping a gentle fire after your ſirup is once at his full higth, then put them vpon papers preſently into a ſtoue, or in diſhes, continue fire ſome ten or twelue daies, till you finde the candy harde and gliſtering like diamonds: you muſt dip the red roſe, the gillowflower, the marigold, the borrage flower, and all other flowers but once.

24. *The Arte of comfet making, teaching how to couer all kinds of ſeedes, fruits or ſpices with ſugar.*

FIrſt of al you muſt haue a deepe bottomed baſon of fine cleane braſſe or latton, with two eares of Iron, to hang it with two ſeuerall cordes

cords ouer a baſon or earthē pan with hote coales.

You muſt alſo haue a broad pan to put aſhes in, and hote coales vpon them.

You muſt haue a cleane latton baſon to melte your ſugar in, or a faire braſen skillet.

You muſt haue a fine braſen ladle to let run the ſugar vpon the ſeedes.

You muſt haue alſo a braſen ſlice to ſcrape away the ſugar frō the hanging baſon if neede require.

Hauing all theſe neceſſary veſſels and inſtrumentes, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt ſugar, and then you need not to clarifie it, but beat it only into fine pouder that it may diſſolue the ſooner.

But firſt make all your ſeedes very cleane, and dry them in your hanging baſon.

Take for euery two pounde of ſugar, a quarter of a pound of annis ſeedes, or Coriander ſeedes, and your comfits will bee great enough, and if you will make them greater, take halfe a pound more of ſugar, or one pound more, and then they will be faire and large.

And halfe a pounde of Annis ſeedes, with two pounde of ſugar wil make fine ſmall comfits.

You may alſo take a quarter and a halfe of Annis ſeedes, and three pounde of ſugar, or halfe a pounde of Annis ſeeds, and foure pounde of ſugar. Doe the like in Coriander ſeedes.

Melt your ſugar in this maner, *vz.* put three poundes of your pouder ſugar into the baſon, and one pint of cleane running water thereunto, ſtir it well with a braſen ſlice vntill all bee moiſt and well wet, then ſet it ouer the fire, without ſmoake or flame, and melte it well ỳ there bee no whole grif-

griſtie ſugar in the bottome, and let it ſeethe mildely, vntill it will ſtreame from the Ladle like Turpentine, with a long ſtreame and not drop, then it is come to his decoction, let it ſeethe no more but keepe it vppon hote ymbers that it may run from the ladle vpon the ſeedes.

To make thē ſpeedily. Let your water be ſeething hot or ſeething and put powder of ſugar vnto thē, caſt on your ſugar boiling hote. Haue a good warme fire vnder the hanging baſon.

Take as much water to your ſugar as will diſſolue the ſame.

Neuer skim your ſugar if it bee cleane and fine.

Put no kind of ſtarch or amylū to your ſugar.

Seethe not your ſugar too lōg, for that will make it black, yellow or tawny.

Moue the ſeeds in the hanging baſon as faſt as you canne or may

when the ſugar is in caſting.

At the firſt coat put on but one halfe ſpoonefull with the Ladle, and al to moue the baſon, moue, ſtirre and rub the ſeedes with thy left hande a pretty while, for they will take ſugar the better, and dry them wel after euery coate.

Do this at euery coate, not only in mouing the baſon, but alſo with the ſtirring of the comfets with the left hand and drying the ſame, thus dooing you ſhall make great ſpeed in the making, as in euery three houres you may make three pounds of comfets.

And as the comfets do increaſe in greatneſſe, ſo you may take more ſugar in your Ladle to caſte on. But for plaine comfets let your ſugar be of a light decoction laſt, and of a higher decoction firſt, and not too hote.

For criſpe and ragged comfits, make your ſugar of a high decoction, euen as high as it may run

from

from the Ladle, and let fall a foot high or more from the ladle, and the hoter you caſt on your ſugar, the more ragged will your comfets be. Alſo the comfets wil not take ſo much of the ſugar as they will vpon a light decoction, and they will keepe their raggedneſſe long. This high decoction muſt ſerue for eight or ten coats in the ende of the worke, and put on at euery time but one ſpoonefull, & haue a light hand with your baſon caſting on but little ſugar.

A quarter of a pounde of Coriander ſeedes, and three poundes of ſugar wil make great, huge, and big comfets.

See that you keepe your ſugar alwaies in good temper in the baſon, that it burne not into lumps or gobbets: and if your ſugar bee at any time too high boiled, put in a ſpooneful or two of water, and keepe it warely with the ladle, and let your fire alwaies bee without

ſmoke or flame.

Some commende a Ladle that hath a hole in it to let the ſugar run through of a higth, but you may make your comfits in their perfect forme and ſhape only with a plaine ladle.

When your comfits bee made, ſet your diſhes with your comfits vppon papers in them before the heat of the fire, or in the hote ſun, or in an ouen after the breade is drawne, by the ſpace of an houre or two, and this will make them very white.

Take a quarter of a pounde of Annis ſeedes, and two pounde of ſugar, and this proportion will make them very great, and euen a like quantitie take of Carraway ſeede, Fennell ſeede, and Coriander ſeed.

Take of the fineſt Cynamon, and cut it into pretty ſmall ſticks beeing drie, and beware you wette it not, for that deadeth the

the Cinamon, and then worke as in other comfets. Do this with orenge rindes likewiſe.

Worke vpon ginger, cloues and Almonds as vpon other ſeeds.

The ſmaller that Annis ſeede comfets be, the fairer, the harder, and ſo in all other.

Take the pouder of fine Cinamon two drammes, of fine musk diſſolued in a little water one ſcruple, mingle theſe altogether in the hanging baſon, and caſt them vppon ſugar of a good decoction, then with thy left hand moue it to and fro, and dry it wel, doe this often, vntill they bee as great as poppie ſeedes, and giue in the ende three or foure coates of a light decoctiō, that they may be round and plaine, and with an high decoction you may make them criſpe.

You muſt haue a courſe ſearce made for the purpoſe with haire or with parchment full of holes to

part and deuide the comfets into ſeueral ſorts.

To make paſte for comfets. Take fine grated bread, 4. ounces, fine elect Cinamon poudred halfe an ounce, fine ginger pouder one dramme, ſaffron powdred a little, white ſugar two ounces, and a few ſpoonfuls of borage water, ſeethe the water and the ſugar together, and put to the ſaffron, then firſt mingle the crums of breade and the ſpices wel together, dry them, put the liquor ſcalding hote vpon the ſtuffe, and being hote, labour it with thy hande, and make bals or other formes thereof, drie thē and couer them as comfets.

Coriander ſeedes two ounces, ſugar one pounde and a halfe maketh very faire comfets.

Annis ſeedes three ounces, ſugar halfe a pound, or annis ſeedes two ounces, and ſugar 6. ounces, wil make faire comfets.

Euery dram of fine Cinamon will

will take at the leaſt a pounde of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon wil make almoſt three drams of fine powder ſearſed, after it is well beaten.

Sugar pouder one ounce will take at the leaſt a pounde of ſugar to make your biskets faire.

Carawaies will bee faire at 12. coates.

Put into the ſugar a little amylũ diſſolued for fiue or ſixe of the laſt coates, and that will make them exceeding criſpe, & if you put too much amylũ or ſtarch to the comfits which you woulde haue criſpe, it will make them flat and ſmooth.

In any other confection of paſted ſugar mixed with gum Dragagant, put no kinde of amylũ, beware of it, for it will make thy worke clammy.

To make red comfits, ſeethe 3.

or foure ounces of braſell with a little water, take of this red water 4. ſpoonfuls, of ſugar one ounce, & boile it to his decoction, then giue 6. coates and it will bee of a good color, or elſe you may turne ſo much water with one dram of turnſole doing as before.

To make green comfets, ſeethe ſugar with the iuice of beetes.

To make them yellowe, ſeethe ſaffron with ſugar.

In making of comfets, alwaies when the water doth ſeethe, then put in your ſugar powder, and let it ſeethe a little vntill it be clean diſſolued and boiled to his perfect decoctiō, and that the whitenes of the color be cleane gon, & if you let it ſettle, you ſhall ſee the ſugar ſomwhat cleere.

For biskets take two ſpoonfuls of liquour, of ſugar ſearced in a courſe ſearce one dram, and of ſugar powder to be melt & caſt one ounce. This doſe will make the

bisket

biskets ſomwhat faire,& ſomwhat greater then poppy ſeedes.

Aliter. Take ſugar powder foure drams,ſugar to caſt 4. ounces with liquour ſufficient,lay golde or ſiluer on your comfits.

Euery dram of ſugar powder will take an ounce of ſugar to bee caſt,8. drams make one ounce. To thus much powder for biskets take halfe a pound of ſugar to caſt thereon.

Coriander ſeeds a quarter of a pound ,ſugar 3. pounde , Coriander ſeeds halfe a pounde, ſugar 3. drams,wil make faire comfits.

For biskets, Annis ſeedes halfe a pounde, Fennel ſeedes a quarter of a pound , and ſugar two pound ſufficeth.

In ſixe or eight of the laſt coats, put in two ſpoonfuls of ſugar very hote to make them criſpe.

To one pounde of ſugar take 9. ounces of water.

5

5 *To make a Cullis as white as ſnow & in the nature of gelly.*

TAke a cocke, ſcalde, waſh and drawe him cleane, ſeethe it in white wine or renniſh wine, skum it cleane, clarifie the broth after it is ſtrained, then take a pinte of thicke and ſweete creame, ſtraine that to your clarified broth, and your broth will become exceeding faire and white: then take poudred ginger, fine white ſugar and Roſewater, ſeething your cullis when you ſeaſon it to make it take the colour the better.

56 *To make VVafers.*

TAke a pint of flower, put it into a little creame with two yolkes of egges and a little Roſewater, with a little ſearced cynamon and ſugar, worke them al together, and bake the paſte vpon hote Irons.

57 *To make Almond butter.*

BLanch your Almondes, and beate them as fine as you can with faire water, two or 3. houres, then ſtraine them through a linné cloth, boile them with Roſewater, whole mace and annis ſeedes, till the ſubſtance be thicke, ſpread it vpō a faire cloth, dreining ȳ whey from it, after let it hang in the ſame cloth ſome few houres, then ſtraine it and ſeaſon it with Roſewater and ſugar.

58 *A white gelly of Almonds.*

TAke Roſewater, gum Dragagant diſſolued, or Iſinglaſſe diſſolued, and ſome Cynamon groſſely beaten, ſeethe them altogether, then take a pounde of Almondes, blanch and beate them fine with a little faire water, drie them in a faire cloth; and put your

your water aforeſaid into the Almonds, ſeethe them togither and ſtir them continually, then take them from the fire, when al is boiled to a ſufficient higth.

59 To make Leach.

SEethe a pinte of Cream, and in the ſeething put in ſome diſſolued Iſinglas, ſtirring it vntill it be very thicke, then take a handfull of blanched Almonds, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugar, and after ſlice it and diſh it.

60 Sweete Cakes without either ſpice or ſugar.

SCrape or waſh your Parſneps cleane, ſlice them thinne, dry them vppon canuas or networke frames, beat them to powder mixing one thirde thereof with two thirds

thirds of fine wheate flower, make vp your paſte into coates, and you ſhall finde them very ſweete and delicate.

61 *Roſes and Gilloflowers kept long.*

COuer a Roſe that is freſh, and in the bud, and gathered in a faire day after the dewe is aſcended, with the whites of egges well beaten, and preſently ſtrew thereon the fine powder of ſearced ſugar, and put them vp in luted pots ſetting the pots in a coole place in ſand or grauell. With a phillip at any time you may ſhake off this encloſure.

62 *Grapes growing all the yeere.*

PVt a Vine ſtalke thorough a Basket of earth in December, which is likely to beare Grapes that

that yeere, and when the Grapes are ripe, cut off the ſtalke vnder the basket, (for by this time it hath taken roote) keepe the basket in a warme place, and ỹ grapes will continue freſh & faire a long time vpon the vine.

63 *How to dry Roſe leaues, or any other ſingle flower without wrinckling.*

IF you would performe the ſame well in Roſeleaues, you muſt in Roſe time make choiſe of ſuch Roſes as are neither in the bud, nor full blown (for theſe haue the ſmotheſt leaues of al other) which you muſt eſpecially cull & chooſe from the reſt. Then take right Callis ſand, waſh it in ſome chage of waters, and drie it throughlie well, either in an ouen or in the ſunne; and hauing ſhallow ſquare or long boxes, of 4. 5. or 6. inches deepe, make firſt an euen lay of ſande in the bottome, vppon the which

which lay your Roſeleaues one by one (ſo as none of thē tuch other) till you haue couered all the ſand, then ſtrow ſand vpon thoſe leaues till you haue thinly couered them all, and then make an other lay of leaues as before, and ſo lay vpon lay, &c. Set this boxe in ſome warme place in a hote ſunny day, (and commonly in two hote ſunny daies they wil be through dry) then take them out carefully with your hande without breaking. Keepe theſe leaues in Iarre glaſſes bounde about with paper neere a chimney, or ſtoue, for feare of relenting. I finde the red roſe leafe beſt to be kept in this maner: alſo take away the ſtalkes of panſies, ſtockgilloflowers, or other ſingle flowers, pricke them one by one in ſande, preſsing downe their leaues ſmooth with more ſande laid euenly vpon them. And thus you may haue Roſe leaues, and other flowers to lay about your baſons

baſons, windows, &c. al the winter long. Alſo this ſecret is very requiſite for a good ſimplifier, becauſe he may dry the leafe of any herb in this maner, & lay it being dry in his Herball with the ſimple which it repreſenteth, whereby hee may eaſely learne to know the names of all ſimples which he deſireth.

64 *Cluſters of Grapes kept til Eaſter.*

CLuſters of grapes hãging vpon lines within a cloſe preſſe will laſt till Eaſter, if they ſhrinke you may plumpe them vp with a little warme water before you eat them. Some vſe to dip the endes of the ſtalkes firſt in pitch: ſome cut a branch of the vine with euery cluſter, placing an apple at each end of the branch, nowe and then renewing thoſe Apples as they rot, and after hanging them within a preſſe or cupboard, which would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freez, for otherwiſe you muſt be forced now and then to make a gentle fire in the roome, or elſe the grapes will rot and periſh.

65 *How to keepe VValnuts a long time plumpe and freſh.*

MAke a lay of the drie ſtamping of crabs when the veriuice is preſſed from them, couer that lay with Walnuts, and vpon them make an other lay of ſtampings, and ſo one lay vppon an other till your veſſel be ful wherein you meane to keepe them. The nuttes thus kept will pill as if they were new gathered from the tree.

66 *An excellent conceipt vpon the Kernels of dry walnuts.*

GAther not your walnuts before they be ful ripe, keep thē without

out any Art vntil Newyeeres tide, then breake the ſhels carefully, ſo as you deface not the kernels, (& therefore you muſt make choiſe of ſuch nuts as haue thin ſhelles,) whatſoeuer you finde to come away eaſely, remoue it, ſtiepe theſe kernels in conduit water, fortie eight houres, then will they ſwell and grow very plumpe and faire, and you may pill them eaſily, and preſent them to any friende you haue for a Newyeeres gift, but being pilled they muſt bee eaten within 2 or three houres, or elſe they looſe their whiteneſſe and beauty, but vnpilled they will laſt 2. or 3. daies faire and freſh. This of a kinde Gentlewoman, whoſe skill I do highly commende, and whoſe caſe I do greatly pitty, ſuch is the hard fortune of the beſt wits and natures in our daies.

67 *How to keepe Quinces in a moſt excellent maner.*

Make

MAke choiſe of ſuch as are ſound, & gathered in a faire dry, and ſunny day, place them in a veſſell of wood, containing a firkin or thereabout, then couer thē with penny Ale, and ſo let them reſt, and if the liquour carry any bad skum, after a day or two take it off, euery 10. or 12. dayes let out your peny Ale at a hole in the bottom of the veſſel, ſtop the hole & fil it vp againe with freſh penny ale, you may haue as much for 2. pence at a time as will ſerue for this purpoſe, theſe Quinces being baked at Whitſōtide did taſte more daintily then any of thoſe which are kept in our vſuall decoctions or pickels.

Alſo if you take white wine lees that are neat, (but thē I feare you muſt get them of the Marchant, for our Tauernes doe hardly affoord any) you may keepe your Quinces in them very faire and freſh al the yeere, and therein may you

you alſo keepe your Barberies both full and faire coloured.

68 *Keeping of Pomgranates.*

MAke choiſe of ſuch Pomgranates as are ſounde and not prickt as they terme it, lap them ouer thinly with waxe, hang them vpō nailes, where they may touch nothing, in ſome cupbord or cloſet in your bedchāber, where you keep a continual fire, and euery 3. or 4. daies turn the vnderſides vpper moſt, & therfore you muſt ſo hang thē in packthreds, that they may haue a bowe knot at either end. This way Pomgranates haue beene kept freſh til Whitſontide.

69 *Preſeruing of Artichokes.*

CVt off the ſtalkes of your Artichokes within two inches of the Apple, and of all the reſt of the ſtalkes make a ſtrong decoc-

tion

tion, ſlicing them into thin and ſmall pieces, and keepe them in this decoction: when you ſpende them you muſt lay them firſt in warme water, and then in cold, to take away the bitterneſſe of them. This of *M. Parſons*, that honeſt and painefull practiſer in his profeſsion.

In a mild & warme winter about a moneth or three weekes before Chriſtmas, I cauſed great ſtore of Artichokes to bee gathered with their ſtalkes in their full length as they grewe, and making firſt a good thicke lay of Artichoke leaues in the bottome of a greate and large Veſſell, I placed my Artichokes one vppon an other as cloſe as I coulde couch them, couering them ouer of a prettie thicknes with Artichoke leaues, theſe artichokes were ſerued in at my table all the Lent after, the apples being red & ſoũd, only ỹ tops of the leaues a little vaded, which

I did cut away.

70 *Fruit preſerued in pitch.*

DWay berries, that do ſomwhat reſemble blacke cherries, called in Latine by the name of *Solanum læthale*, being dipped in molten pitch, being almoſt cold, and before it congeale and harden againe, and ſo hung vp by their ſtalkes will laſt a whole yeere. *Probatum per M. Parſons*, the Apothecarie. Prooue what other fruites will alſo bee preſerued in this manner.

71 *To make Cloue or Cinamon ſugar.*

LAy pieces of ſugar in cloſe boxes amongſt ſticks of Cinamō, cloues, &c. and in a ſhort time it will purchaſe both the taſte and ſent of the ſpice. *Probat.* in cloues.

72 Haſell Nuts kept long.

A Man of great yeeres and experiéce aſſured me, that nuts may bee kept a long time with full kernels, by burying them in earthen pots well ſtopt, a foote or two in the grounde, they keepe beſt in grauelly or ſandy places. But theſe nuts I am ſure wil yeeld no oile as other nuts will, that wax drie in the ſhels with long keeping.

73 Cheſnuts kept all the yeere.

AFter the breade is drawne diſperſe your Nuts thinly ouer the bottome of the ouen, and by this meanes the moiſture beeing dried vp, the Nuts will laſt all the yeere, if at any time you perceiue them to relét, put them into your ouen againe as before.

SECRETS IN distillation.

1. *How to make true ſpirit of wine.*

TAke the fineſt paper you can get, or elſe ſome virgin parchment, ſtraine it verie tight and ſtiffe ouer the glaſſe bodie wherein you put your ſacke, malmeſie, or muskadine, oile the paper or virgin parchment with a penſil moiſtned in the oile of Ben, and diſtill it in Balneo with a gentle fire, and by this meanes you ſhall purchaſe only the true ſpirit of wine. You ſhal not haue aboue two or three ounces at the moſte out of a gallon of wine, which aſcendeth in the forme of a cloude, without any dew or veines in the helme,

helme, lute all the iointes well in this diſtillation. This ſpirit will vaniſh in the ayre, if the glaſſe ſtand open.

2. *Howe to make the ordinary ſpirit of wine that is ſold for 5. ſhillings, and a noble a pinte.*

PVt ſacke, malmeſie, or muskadine into a glaſſe body, leauing one thirde or more of your glaſſe empty, ſet it in balneo, or in a pan of aſhes, keeping a ſofte and gentle fire, drawe no longer then till all or moſt part wil burne away, which you may proue nowe and then, by ſetting a ſpoonefull thereof on fire with a paper as it droppeth from the noſe or pipe of the helme, and if your ſpirit thus drawn haue any phlegme therein, thē rectify or rediſtil ẏ ſpirit again in a leſſer body, or in a bolt receiuer inſted of an other body, luting a ſmall heade on the top of ẏ ſteale

thereof, and ſo you ſhal haue a very ſtrong ſpirit, or elſe for more expedition, diſtill fiue or ſixe gallons of wine by a Limbecke, and that ſpirit which aſcendeth afterward, rediſtil in glaſſe as before.

3 *Spirits of Spices.*

DIſtill with a gentle heat either in balneo or aſhes the ſtrong and ſweete water wherewith you haue drawn oile of cloues, mace, nutmegs, Iuniper, Roſemary, &c. after it hath ſtoode one moneth cloſe ſtopt, and ſo you ſhall purchaſe a moſte delicate Spirit of eache of the ſayde aromaticall bodies.

4 *Spirit of wine taſting of what vegetable you pleaſe.*

MAcerate Roſemary, Sage, ſweet Fennell ſeedes, Marierom, Lemon or Orenge pils, &c. in

in ſpirit of wine, a day or two, and then diſtill it ouer againe, vnleſſe you had rather haue it in his proper colour, for ſo you ſhall haue it vpon the firſt infuſion without any farther diſtillation, and ſome young Alchimiſts doe holde theſe for the true ſpirits of vegetables.

5 *How to make the water which is vſually called Balme water.*

TO euery gallon of claret wine, put one pounde of greene balme. Keep that which commeth firſt and is cleereſt by it ſelfe, and the ſecond and whiter ſort which is weakeſt, and commeth laſt by it ſelfe; diſtill in a pewter limbecke luted with paſte to a braſſe pot. Draw this in *May* or *Iune* when the hearbe is in his prime.

6 *Roſa Solis.*

TAke of the hearbe Roſa Solis, gathered in *Iulie* one gallon,

picke out all the blacke moats frō the leaues, of dates halfe a pound, Cinamon, Ginger, cloues of each one ounce, graines half an ounce, fine sugar a pound and a halfe, red Rose leaues, green or dried foure handfuls, stiepe all these in a gallon of good Aqua composita in a glasse close stopped with waxe, during twentie daies, shake it wel together once euery two daies. Your sugar must be poudred, your spices brused onely or grossely beaten, your dates cut in long slices the stones taken away. If you adde two or three graines of Amber greece, and as much muske in your glasse amongst the rest of the ingredientes', it will haue a pleasant smel. Some adde the gum amber with corall and pearle finely poudered, and fine leafe golde. Some vse to boile Ferdinando bucke in Rosewater, til they haue purchased a faire deepe crimson colour, & when the same is cold, they

they colour their Rosa solis and Aqua Rubea therewith.

7. *Aqua rubea.*

TAke of muske sixe graines, of Cinamon and Ginger of each one ounce, white sugarcandy one pounde, pouder the sugar, and bruse the spices grossely, binde them vp in a cleane linnen cloth, and put them to infuse in a gallon of Aqua composita in glasse close stopped twenty foure houres, shaking them togither diuers times, then put thereto of turnsole one dram, suffer it to stand one houre, and then shake altogether, then if the colour like you after it is setled, poure the cleerest forth into an other glasse, but if you wil haue it deeper coloured, suffer it to worke longer vppon the turnesole.

8. D. Steuens *aqua compoſita.*

TAke a gallō of gaſcoign wine, of ginger, galingale, cinamō, nutmegs & graines, Annis ſeeds, fennell ſeedes and caraway ſeeds, of each a dram, of Sage, Mints, red Roſes, Time, Pellitory, Roſemarie, wild thyme, camomil, lauender, of each a handfull, bray the ſpices ſmall and bruſe the herbes, letting them macerate 12. houres ſtirring it nowe and then, then diſtill by a limbecke of pewter, keeping the firſt cleere water that commeth by it ſelfe, and ſo likewiſe the ſecond. You ſhall drawe much about a pinte of the better ſorte from euery gallon of wine.

9. *Vſque bath, or Iriſh aqua vitæ.*

TO euery gallon of good Aqua compoſita, put two ounces of choſen

choſen liquerice bruſed, and caſt into ſmall pieces, but firſt clenſed from all his filth, and two ounces of Annis ſeedes that are cleane and bruſed, let them macerate fiue or ſixe dayes in a wooden veſſell, ſtopping the ſame cloſe, and then drawe of as much as will runne cleere, diſſoluing in that cleere Aqua vitæ 5. or 6. ſpoone-fuls of the beſt Malaſſoes you can get, ſpaniſh cute if you can get it is thought better then Malaſſoes, then put this into an other veſſel; and after three or foure daies (the more the better) when the liquor hath fined it ſelfe, you may vſe the ſame, ſome adde Dates and Reaſons of the ſunne to this receite; thoſe grounds which remain you may rediſtill and make more Aqua compoſita of them, and of that Aqua compoſita, you may make more Vſque-bath.

10. *Cinamon water.*

HAuing a Copper bodie or braſſe pot that will holde 12 gallons, you may weil make 2. or 3. gallons of Cynamon water at once. Put into your body ouer night 6. gallons of conduit water, and two gallons of ſpirit of wine, or to ſaue charge two gallons of ſpirit drawne from wine lees, Ale, or low wine, and ſixe pound of the beſt and largeſt cinamon you can get, or elſe eight pound of the ſecód ſort wel bruſed, but not beaté into pouder, lute your Limbecke & begin with a good fire of wood and coales, til the veſſell begin to diſtill, then moderate your fire, ſo as your pipe may drop apace and run trickling into the receiuer, but not blow at any time; it helpeth much herein to keepe the water in the bucket, not too hote by often change thereof, it muſt ne-

neuer bee ſo hote but that you may well endure your finger therin. Then deuide into quart glaſſes the ſpirit which firſt aſcendeth, and wherein you finde either no taſte or a verie ſmall taſte of the Cynamon, then may you boldlie after the ſpirit once beginneth to come ſtrong of the Cinamon, drawe vntill you haue gotten at the leaſt a gallon in the receiuer, and then deuide oſten by halfe pintes & quarters of pintes, leaſt you drawe too long, which you ſhall knowe by the fainte taſte and milky colour which diſtilleth in the ende, this you muſt nowe and then taſte in a ſpoone. Nowe when you haue drawne ſo much as you finde good, you may adde thereunto ſo much of your ſpirit that came before your Cynamon water, as the ſame will wel bear, which you muſt find by your taſte. But if your ſpirit & your cinamō be both good, you may of ỹ

a-

aforeſaid proportion will make vp two gallons, or two gallons and a quarte of good Cinamon water. Heere note that it is not amiſſe to obſerue which glaſſe was firſt filled with the ſpirit that aſcended, and ſo of the ſecond, thirde, and fourth: and when you mixe, begin with the laſt glaſſe firſt, and ſo with the next, becauſe thoſe haue more taſte of the Cinamon then that which came firſt, and therefore more fit to bee mixed with your Cinamon water. And if you meane to make but 8. or 9. pintes at once, then begin but with the halfe of this proportion. Alſo that ſpirit which remaineth vnmixed doth ſerue to make Cinamon water the ſecond time. This way I haue often proued & found moſt excellent: take heede that your Limbecke be cleane and haue no maner of ſent in it but of wine or Cinamon, and ſo likewiſe of the glaſſes, funnels and pots which you

you ſhall vſe about this worke.

11 *How to diſtil Iſop, Thyme, Lauender Roſemary, &c. after a newe and excellent maner.*

HAuing a large pot containing 12. or 14. gallons, with a limbecke to it, or elſe a copper bodie with a ſerpentine of 20. or 24. gallons, and a copper heade beeing ſuch a veſſell as is commonly vſed in the drawing of Aqua vitæ, fill two partes thereof with faire water, and one other thirde parte with ſuch hearbes as you woulde diſtil, the hearbes beeing either moiſt or dry it skilleth not greatly whether, let the hearbs macerate al night, and in the morning begin your fire, then diſtill as before in Cinamon water, beeing carefull to giue change of waters to your colour alwaies as it needeth, drawe no longer then you feele a ſtrong and ſenſible taſte of the

hearbe which you diſtill, alwayes deuiding the ſtronger from the weaker, and by this meanes you ſhall purchaſe a water farre excelling any that is drawne by a common pewter ſtill; you may alſo gather the oyle of each hearb which you ſhall finde fleeting on the top or ſummity of your water. This courſe agreeth beſt with ſuch hearbs as are hote in taſte, and wil yeald their oile by diſtillation.

12. *How to make the ſalt of hearbs.*

BVrne whole bundles of dried Roſemary, Sage, Iſop, &c. in a cleane ouen, and when you haue gathered good ſtoare of the aſhes of the hearbe, infuſe warme water vpon them, making a ſtrong and ſharpe Lee of thoſe aſhes, then euaporate that Lee, & the reſidéce or ſetling which you finde in the bottō therof, is the ſalt which you ſeek for. Some vſe to filter this lee

diuers

diuers times before euaparation ỳ their salt may be the cleerer and more transparent. This salt according to the nature of the hearbe hath great effects in phisicke.

13 *Spirit of Hony.*

PVt 1. part of hony to fiue parts of water, when the water boileth, dissolue your hony therein, skim it, and hauing sodden an houre or two, put it in a wooden vessell, and when it is but bloud warme, set it on work with yeaste after the vsuall manner of beere and Ale, tun it, and when it hath lyen some time, it will yeelde his spirit by distillatiō as wine, beere, and ale will do.

14. *To distill Rosewater at Michelmas, and to haue as good yeelde as at any other time of the yeere.*

In

IN the pulling of your Roſes, firſt deuide al the blaſted leaues, thē take the other freſh leaues; and lay them abroad vpon your table or windowes with ſome clean linnen vnder them, let them lie 3. or foure houres, or if they be dewie vntill the dew bee fully vaniſhed, put theſe Roſe leaues in great ſtone pottes, hauing narrowe mouthes, and well leaded within, (ſuch as the Goldfiners call their hookers, & ſerue to receiue their Aqua fortis bee the beſt of all others that I know) and when they are well filled, ſtop their mouthes with good corkes, either couered all ouer with waxe or molten brimſtone, and then ſet your pot in ſome coole place and they will keepe a long time good, and you may diſtill them at your beſt leaſure. This way you may diſtill Roſewater good cheape, if you buy ſtoare of Roſes, when you find a glut of thē in the market, where-

by

whereby they are ſold for 7. pence or 8. pence the buſhell, you then engroſſe the flower. And ſome holde opinion that if in the midſt of theſe leaues you put ſome broken leauen, and after fill vp the pot with Roſe leaues to the top, that ſo in your diſtillatiō of them you ſhall haue a perfect Roſevinegar without the addition of any common vinegar. I haue knowne Roſeleaues kept well in Rondlets, that haue beene firſt well ſeaſoned with ſome hote licour and Roſeleaues boiled together, and the ſame pitched ouer on the outſide, ſo as no ayre might penetrate or pierce the veſſell.

15 *A ſpeedy diſtillation of Roſewater.*

STampe the leaues, and firſt diſtill the iuyce being expreſſed, and after diſtill the leaues, and ſo you ſhall diſpatch more with one Still then others do with three or foure

foure ſtils. And this water is euery way as medicinable as the other, ſeruing in all ſirrups, decoctions, &c. ſufficiently, but not altogether ſo pleaſing in ſmel.

16. *How to diſtill wine vinegar or good Alligar, that it may bee both cleere and ſharpe.*

I Knowe it is an vſuall manner among the Nouices of our time to put a quart or two of good Vinegar into an ordinary leadé ſtil, and ſo to diſtill it as they do all other waters. But this way I do vtterly diſlike, both for that here is no ſeparation made at all, and alſo becauſe I feare that the vinegar doth carry an ill touch with it, either frō the leaden bottō or pewter head or both. And therefore I coulde wiſh rather that the ſame were diſtilled in a large bodie of glaſſe with a head or receiuer, the ſame being placed in ſande or aſhes.

ſhes. Note that the beſt part of the vinegar is the middle part that ariſeth, for the firſt is fainte and phlegmatick, and the laſt wil taſte of aduſtion, becauſe it groweth heauy toward ỹ latter end, & muſt be vrged vp with a great fire, and therefore you muſt now and then taſte of that which commeth both in the beginning and towards the latter ende, that you may receiue the beſt by it ſelfe.

17. *How to draw the true ſpirit of roſes, and ſo of all other hearbs and flowers.*

MAcerate the Roſe in his own iuice, adding thereunto being temperately warme, a conuenient proportion either of yeaſt or ferment, leaue them a few daies in fermentatiõ, til they haue gotten a ſtrong & heady ſmel, beginning to incline toward vinger, thẽ diſtil thẽ in balneo in glas bodies luted to their helms (happily a lim beck will

will doe better and rid faſter) and drawe ſo long as you finde any ſente of the Roſe to come, then rediſtill or rectifie the ſame ſo often till you haue purchaſed a perfect ſpirit of the Roſe. You may alſo ferment the iuyce of Roſes only, and after diſtill the ſame.

18 *An excellent Roſewater.*

Vpon the top of your glaſſe body, ſtraine a haire cloth, and vpon that lay good ſtoare of Roſeleaues, either drie or halfe drie, and ſo your water will aſcend very good both in ſmell and in colour. Diſtill either in balneo, or in a gentle fire in aſhes, you may reiterate the ſame water vpon freſh leaues. This may alſo be done in a leaden Still, ouer which by reaſon of the breadth you may place more leaues.

19. *An excellent way to make the extract of all vegetables.*

EXpreſſe a good quantity of the iuyce thereof, ſet it on the fire and giue it onely a walm or two, then it will grow cleere, before it be cooled poure away the cleereſt, filter with a peece of cotton, and then euaporate your filtred iuice till it come to a thicke ſubſtance, and thus you ſhall haue a moſt excellent extract of the Roſe, Gilloflower, &c. with the perfect ſent and taſte of the flower, where as the common way is to make the extract either by ſpirit of wine, faire water, the water of the plant, or ſome kind of menſtruum.

20 *To make a water ſmelling of the Eglantine, Gilloflowers, &c.*

DRie the hearbe or flower, and diſtill the ſame in faire water by

by a limbecke, draw no longer thē you find sent in the water that issueth, reiterate that water vppon fresh herbes, and distill as before, deuiding the sweetest frō the rest.

21. *A Skottish handwater.*

PVt thyme, Lauender, and Rosemary confusedly together, thē make a lay of thicke wine Lees in the bottom of a stone pot, vppon which make an other lay of the said hearbes, & then a lay of Lees and so forwarde, lute the pot well, bury it in the ground for 6. weeks, distil it, and it is called Dames water in Skotland. A little therof put into a bason of common water maketh very sweet washing water.

22. *How to draw the blood of hearbs.*

STampe the hearb, put the same into a large glasse, leauing two parts empty (some commend the iuice

iuice of the hearbe onely) nip or else lute the glasse very wel, digest it in balneo 15. or 16. daies, and you shall finde the same very red, deuide the watrish parte, and that which remaineth is the bloud or essence of the hearb.

23. *Rosewater and yet the Rose leaues not discoloured*

YOu must distill in balneo, and whē the bottom of your pewter still is through hote put in a fewe leaues at once and distil thē; watch your still carefully, and assoone as those are distilled put in more. I knowe not whether your profit will requite your labour, yet accept of it as of a new conclusion.

24. *Howe to recouer Rosewater, or any other distilled water that hath gotten a mother, and is in danger to be musty.*

Infuse

INfuse your water vpō fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after maceration for three or 4. houres with a gentle fire, rediſtill your water. Doe this in a Limbecke, take heed of drawing too long for burning, vnleſſe your Limbecke ſtand in balneo.

25 *To drawe both good Roſe water, and oyle of Roſes together.*

AFter you haue digeſted your Roſe leaues, by the ſpace of 3. months, *ſicut ante num.* 13. either in barrels or hookers, then diſtil thē with faire water in a Limbeck, drawe ſo long as you finde any excellent ſmell of the Roſe, then deuide the fatty oile that fleeteth on the top of the Roſewater, and ſo you haue both excellent oyle of Roſes, and alſo good Roſewater together, and you ſhall alſo haue more water then by the ordinary way,

way, and this Rosewater extendeth farther in phisicall compositions, and the other serueth best for perfumes and casting bottles. You may also distill the oyle of lignum Rhodium this way, sauing that you shall not neede to macerate the same aboue 24. houres in your water or menstruum before you distill, this oyle hath a most pleasing smell in a maner equall with the oyle of Roses.

COOKERIE and Huſwifery.

1. *To ſowce a young Pig.*

TAke a young Pigge being ſcalded, boile it in faire water and white wine, put thereto ſome Bay leaues, ſome whole Ginger, and ſome Nutmegges quartered, a fewe whole cloues, boile it throughlie, and leaue it in the ſame broath in an earthen pot.

2. *Aliter.*

TAke a Pig being ſcalded, collar him vp like brawne, and lap your collars in faire cloathes, when the fleſh is boiled tender take

take it out, and put it in colde water and ſalt, and that will make the skin white, make ſowſing drinke for it with a quart of white wine, and a pottle of the ſame broth.

3. *To boile a flounder or Pickerel of the french faſhion.*

TAke a pinte of white wine, the tops of ycung tyme and Roſemary, a little whole mace, a little whole pepper ſeaſoned with Veriuice, ſalte, and a peece of ſweete butter and ſo ſerue it, this broth will ſerue to boile fiſh twice or thrice in.

4. *To boile ſparrowes or Larkes.*

TAke two Ladles full of mutton broath, a little whole Mace, put into it a piece of ſweet butter, a handfull of Parſly being piked, ſeaſon it with ſugar, veriuice and a little pepper.

5. *To boyle a Capon in white broath.*

BOile your Capon by it ſelfe in faire water, then take a Ladle full or two of motton broth and a little white wine, a little whole Mace, a bundle of ſweet hearbes, a little marrowe, thicken it with Almondes, ſeaſon it with ſugar and a little veriuice, boile a fewe Currans by themſelues, and a Date quartered, leaſte you diſcolour your broath, and put it on the breaſt of your Capon, chicken or Rabbet; if you haue no Almondes, thicken it with creame or with yolkes of egges, garniſh your diſhes on the ſides with a Lemmon ſliced and ſugar.

6. *To boile a Mallarde, Teale, or wigin.*

TAke mutton broath and put it into a picken, put into the belly

belly of the foule a fewe ſweete hearbes and a little Mace, ſticke halfe a doozen of Cloues in his breaſt, thicken it with a toſte of breade ſtieped in veriuice, ſeaſon it with a little pepper, and a little Sugar, alſo one Onyon minced ſmal is very good in the broath of any water foule.

7. *To boile a leg of Mutton after the french faſhion.*

TAke al the fleſh out of your leg of Mutton, or at the but ende preſeruing the skin whole, and mince it ſmall with Oxe ſuet, and marrow, then take grated bread, ſweete Creame, and yolkes of egges, and a fewe ſweet hearbes, put vnto it Currans, and Reaſins of the ſunne, ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the leg of Mutton againe where you tooke it out, and ſtewe it in a pot with a

maribone or two, ſerue in the marrowe bones with the ſtewed broath and fruite, and ſerue in your leg of mutton drie, with carot rootes ſliced, and caſt groſſe pepper vpon the roots.

8. *To boile Pigs petitoes on the french faſhion.*

BOile them and ſlice them, being firſt rolled in a litle batter, your batter being made with the yolke of an egge, two ſpoonefuls of ſweet creame, and one ſpoonefull of flower, make ſawce for it with Nutmeg, vinegar and ſugar.

9. *To boile Pigeons with Rice.*

BOile them in mutton broath, putting ſweet hearbes in their bellies, then take a little Rice and boyle it in Creame, with a little whole Mace, ſeaſon it with ſugar, lay

lay it thick on their breſts, wringing alſo the iuyce of a Lemmon vpon them, and ſo ſerue them.

10 *To boile a chine of Veale, or a chicken in ſharpe broath with hearbs.*

TAke a little mutton broth, white wine and veriuice, & a little whole Mace, then take Lettuce, Spinage, and Parſeley, and bruſe it, & put it into your broth, ſeaſoning it with veriuice, pepper and a little ſugar, and ſo ſerue it.

11. *To make Beaumanger.*

TAke the brawne of a Capon toaſe it like wool, then boile it in ſweete Creame with the whites of two Egges, and beeing well boiled hang it in a cloth, and let the whey run from it, then grind it in an Alablaſter morter with a woodden peſtell, then drawe it through a thinne Strayner

with the yolkes of two egges, and a little Roſewater, then ſet it on a chafing diſh with coales mixing foure ounces of ſugar with it, and when it is colde diſh it vp like Almond butter and ſo ſerue it.

12 *To make a Polonian ſawſedge.*

TAke the fillets of an hog, chop them very ſmall with a handfull of red ſage, ſeaſon it hote with Ginger and Pepper, and then put it into great ſheepes guts, then let it lie three nightes in brine, then boile it and hang it vp in a chimney where fire is vſuallie kept, and theſe ſawſedges will laſt one whole yeere. They are good for ſallades, or to garniſh boiled meates, or to make one reliſh a cup of wine.

13 *To make tender and delicate Brawne.*

PVt collars of brawne in Kettels of water or other apte Veſſels, into an ouen heated as you would for houſhould breade, couer the veſſels and ſo leaue them as long in the ouen as you woulde doe a batch of bread. A late experience amongſt gentlewomen far excelling the olde manner of boiling brawne in great and huge kettels. *Quære* if putting your liquor hote into the veſſels, and the brawn a little boiled firſt if by this meanes you ſhall not giue great expedition to your worke.

14 *Paſte made of Fiſh.*

INcorporate the body of ſalte fiſh, Stockfiſh, Ling or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe,

&c. and with proper ſpices agreeing with the nature of euery ſeuerall fiſh, and of that paſte molde of the ſhapes and formes of little fiſhes, as of the Roch, Daſe, perch, &c. and ſo by arte you may make many little fiſhes out of one great and naturall fiſh.

15. *Howe to barrell vp Oiſters, ſo as they ſhall laſt for ſixe moneths ſweet and good, and in their naturall taſte.*

OPen your Oiſters, take ẏ licor of thē, & mixe a reaſonable proportion of the beſt white wine vineger you can get, a little ſalt & ſome pepper, barrell the fiſh vp in ſmall caske, couering all the oyſters in this pickle, and they will laſt a long time; this is an excellent meanes to conuay Oyſters vnto dry townes, or to carry thē in long voiages.

16. *How to keepe freſh Salmon a whole moneth in his perfect taſte and delicacie.*

FIrſt ſeethe your Salmon according to the vſuall maner, then ſinke it in apt and cloſe veſſels in wine vinegar with a braunch of Roſemary therein. By this means Vintners and Cookes may make profit thereof when it is ſcarce in the markets, & Salmon thus prepared may be profitably brought out of Ireland and ſold in London or elſe where.

17. *Fiſh kept long, and yet to eate ſhort and delicately.*

FRie your fiſh in oyle, ſome commende Rape oyle, and ſome the ſweeteſt Ciuill Oyle that you canne get, for the fiſh will not taſte at all of the Oyle, becauſe

becauſe it hath a watriſh bodie, and oile and water make no true vnity, then put your fiſh in white wine vinegar, & ſo you may keepe it for the vſe of your Table any reaſonable time.

18 *Howe to keepe roaſted Beoffe a long time ſweet and wholſome.*

THis is alſo done in wine vinegar, your peeces being not ouer great, and well and cloſe barrelled vp, this ſecret was fully proued in that honorable voyage vnto Cales.

19 *Howe to keepe powdered beoffe fiue or ſixe weekes after it is ſodden, without any charge.*

WHen your beoffe hath been well and thorowly poudred by tenne or twelue dayes ſpace, thē ſeethe it throghly, dry it with

a cloth, and wrap it in dry clothes, placing the ſame in cloſe veſſels and Cupboardes, and it wil keepe ſweet and ſound two or three moneths; as I am credibly informed from the experience of a kind and louing friend.

20. *A conceipt of the Authours, howe beoffe may be caried at the ſea, without that ſtrong and violent impreſſiõ of ſalt which it vſually purchaſeth by long and extreame powdring.*

HEere with the good leaue and fauour of thoſe curteous gentlewomen, for whom I did principally if not only intend this little treatiſe; I wil make bold to lanch a little from the ſhoare, and trie what may bee done in the vaſte and wide Ocean, and in long and dangerous voyages, for the better preſeruation of ſuch vſuall victuals, as for want of this skill do

doe oftentimes meerelie periſh, or elſe by the extreame piercing of the ſalte, doe looſe euen their nutritiue ſtrength & vertue, and if any future experience doe happen to controll my preſent conceipte, let this excuſe a ſchollar, *quod in magnis eſt voluiſſe ſatis*. But nowe to our purpoſe, let all the bloud bee firſt well gotten out of the biefe, by leauing the ſame ſome nine or ten daies in our vſuall brine, then barrell vp all the peeces in Veſſels full of holes faſtening them with ropes at the ſterne of the ſhip, and ſo dragging them through the ſalte Sea water, (which by his infinite change and ſucceſsion of water will ſuffer no putrefaction (as I ſuppoſe) you may happely find your biefe both ſweete and ſauorie enough when you come to ſpend the ſame. And if this happen to fall out true vpō ſome triall thereof had, then either at my nexte impreſsion, or when

when I ſhall bee vrged thereunto vpon any neceſsity of ſeruice, I hope to diſcouer the meanes alſo vvhereby euerie ſhippe may carrie ſufficient ſtoare of victuall for her ſelfe in more cloſe and conuenient cariages then theſe looſe veſſels are able to performe. But if I may bee allowed to carry either roaſted or ſodden fleſh to the ſea, then I dare aduenture my poore credit therein to preſerue for ſixe whole moneths together, eyther Beefe, Mutton, Capons Rabbets, &c. both in a cheape manner, and alſo as freſh as wee doe now vſually eate them at our Tables. And this I holde to bee a moſt ſingular and neceſſarie ſecret for all our Engliſh nauie, which at all times vppon reaſonable tearmes I will bee readie to diſcloſe for the good of my Countrey.

21. *Howe to make ſundry ſortes of moſt daintie butter, hauing a liuelie taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a fewe drops of the extracted oyle of Sage, Cinamon, Nutmegs Mace, &c. in the making vp of your butter, for oile & butter wil incorporate and agree very kindelie and naturally togither. And howe to make the ſaid oyles with all neceſſary veſſels, inſtruments, and other circumſtaunces by a moſt plaine and familiar deſcription, See my Iewell houſe of Arte and Nature vnder the Title of diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milke then is commonly vſed or knowen by any of our beſt dairy-women at this day.*

Hauing

HAuing brought your milke into curdes by ordinary rennet, either breake them with your handes according to the vſuall manner of other cheeſes, and after with a fleeting diſh, taking away as much of the whey as you can, or elſe put in the curds without breaking into your moate, let them ſo repoſe one houre, or two or three, and then to a cheeſe of two gallons of milk, adde a waight of tenne or twelue pounde, which waight muſt reſt vppon a couer that is fit with the moate or caſe wherein it muſt truly deſcend by degrees as you increaſe your waight, or as the curdes do ſinke and ſettle. Let your curdes remaine ſo all that day and night folowing vntil the next morning, and then turne your cheeſe or curds, & place your waight again theron, adding from time to time ſome more ſmall waight as you ſhal ſee cauſe. Note that you muſt lay

lay a cloth both vnder and ouer your curdes at the leaſt, if you wil not wrap them all ouer as they do in other cheeſes, changing your cloth at euery turning. Alſo if you will worke in any ordinarie moate, you muſt place a rounde and broad hoope vpon the moate being iuſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a very thin cheeſe. Turne theſe cheeſes euery morning and euening, or as often as you ſhall ſee cauſe, till the whey be all run out, and then proceede as in ordinary Cheeſes. Note that theſe moates would be full of holes, both in the ſides and bottom, that the whey may haue the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deuiſe moates or Caſes either round or ſquare of fine wicker, which hauing wicker couers, may by ſome ſlight be ſo ſtaied, as that you ſhal

neede

neede only morning and euening to turne the wrong ſide vpwarde, both the bottoms beeing made looſe and ſo cloſe, and fitting as they may ſinke truely within the moate or molde, by reaſon of the waight that lieth thereon. Note that in other cheeſes the couer of the moat ſhutteth ouer the moat, but in theſe ỹ couers deſcend and fall within the moates. Alſo your ordinary cheeſes are more ſpongious and full of eyes then theſe, by reaſon of the violent preſsing of them, wheras theſe cheeſes ſetling gently and by degrees do cut as cloſe and firme as marmelade. Alſo in thoſe cheeſes which are preſſed out after the vſual maner, the whey that commeth from thē if it ſtande a while will carrie a Creame vppon it, whereby the cheeſe muſt of neceſsity be much leſſe, and as I geſſe by a fourth parte, where as the whey that commeth from theſe new kind of cheeſes

cheeſes is like faire water in color and carieth no ſtrength with it. Note alſo that if you put in your curdes vnbroken, not taking away the whey that iſſueth in the breaking of thē, that ſo the cheeſes will yet bee ſo much the greater, but that is the more troubleſome way, becauſe the curdes being tender will hardly indure the turning vnleſſe you be very carefull. I ſuppoſe that the Angelots in Fraunce may bee made in this manner in ſmall baskets, and ſo likewiſe of the parmecſan, and if your whole cheeſe conſiſte of vnflatten milke they will bee full of butter and eate moſte daintily, being taken in their time before they be too dry, for which purpoſe you may keepe them when they begin to grow drie, vpon greene ruſhes or nettles. I haue robbed my wifes Dairy of this ſecret, who hath hitherto refuſed all recompences that hath beene offered her

her by gentlewomē for the ſame, & had I loued a cheeſe my ſelfe ſo wel as I like the receipte, I think I ſhould not ſo eaſily haue imparted the ſame at this time. And yet I muſt needs confeſſe that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue beene willing to publiſh this with ſome other ſecrets of worth, for the which I haue many times refuſed good ſtoare both of Crownes and Angels: and therefore let no gentlewomā think this Booke too deere, at what price ſoeuer it ſhall be valewed vpon the ſale thereof, neither can I eſteeme the worke to bee of leſſe then twentie yeares gathering.

23 *Clowted Creame.*

TAke your milke being newe milked, and preſently ſet it vpon the fire from morning vntill the

the euening, but let it not ſeethe, and this is called my Lady *Youngs* clowted creame.

24. *Fleſh kept ſweet in ſummer.*

YOu may keepe veale, mutton, or veniſon in the heat of ſummer 9. or 10. daies good, ſo as it be newly & faire killed, by hanging the ſame in an high and windy roome. (And therefore a plate cupboarde full of holes, ſo as the wind may haue a through paſſage would be placed in ſuch a roome, to auoid the offéce of flie blowes) this is an approoued ſecret, eaſie and cheape, and very neceſſary to be known and practiſed in hote & tainting weather. Veale may bee kept ten daies in bran.

25. *Muſtard meale.*

IT is Vſuall in Venice to ſell the meale of Muſtarde in their markets

markets as we do flower & meale in England, this meale by the addition of vinegar in two or three daies becómeth exceeding good muſtarde, but it would bee much ſtronger & finer, if the huskes or huls were firſt deuided by ſearce or boulter, which may eaſilie bee don, if you dry your ſeeds againſt the fire before you grind thé. The Dutch yron handmils, or an ordinary pepper mill may ſerue for this purpoſe. I thought it very neceſſary to publiſh this manner of making of our ſawce, becauſe our muſtarde which wee buy from the Chandlers at this day is manie times made vp with vile and filthy vinegar, ſuch as our ſtomacke would abhor if we ſhould ſee it before the mixing thereof with the ſeedes.

26. *How to auoid ſmoake, in broiling of Bacon, Carbonado, &c.*

MAke little dripping pans of paper

paper, paſting vp the corners with ſtarch or paſte, wet them a little in water (but Pope *Pius Quintus* his Cooke) will haue them touched ouer with a feather firſt dipped in oyle or molten butter, lay them on your Gredirone, and place therein your ſlices of bacon turning them as you ſee cauſe. This is a cleanly way and auoideth all ſmoak. In ye ſame maner you may alſo boile thinne ſlices of Polonia ſawſedges, or great oyſters, for ſo were the Popes oyſters dreſſed. You muſt bee carefull that your fire vnder the Grediro flame not, leaſt you happen to burne your dripping pannes, and therefore all Colebrandes are heere ſecluded.

27 *The true bottling of beere.*

WHen your beere is tenne or twelue daies olde, whereby it is growne reaſonable cleere, then

then bottle it, making your corks very fitte for the bottles and ſtop them cloſe, but drinke not of this beere till they begin to worke againe and mantle, and then you ſhall find the ſame moſt excellent and ſprightly drinke; and this is the reaſon why bottle Ale is both ſo windy and muddy, thundring and ſmoaking vppon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laid into the Sellar, whereby his yeaſt being an exceeding windy ſubſtaunce being alſo drawne with the Ale not yet fined, doeth incorporate with the drinke, and maketh it alſo very windy, and this is al the lime and gunpowder wherewith bottle ale hath been a long time ſo wrongfully charged.

28. *How to helpe your bottles when they are muſty.*

SOme put them in an ouen whē the

the breade is newly drawne, cloſing vp the ouen, and ſo let them reſt till morning. Others content themſelues with ſcalding thé in hote liquour onely till they be ſweete.

29. *Howe to breake whites of Egges ſpeedilie.*

A Figge or two ſhred in pieces, and then beaten amongſt the whites of egges will bring them into an oile ſpeedily, ſome break them with a ſtubbed rod, & ſome by wringing them often through a ſpoonge.

30. *How to keepe flies from oile peeces.*

A Lyne limed ouer and ſtrained about the Creſtes of oyle peeces, or pictures will catch the flies that would otherwiſe deface the pictures But this Italian conceipt both for the rareneſſe and

vſe

vſe thereof doth pleaſe me aboue all other, vz. Pricke a Cowcumber full of barly cornes with the ſmall ſpiring ends outward, make little holes in the Cowcumber firſt with a wooden or boane bodken, and after put in the griene, theſe being thicke placed will in time couer al the Cowcũber, ſo as no can man diſcerne what ſtrãge plant the ſame ſhould bee. Such Cowcumbers are to bee hung vp in the middeſt of ſummer roomes to drawe all the flies vnto them, which otherwiſe woulde flie vpon the pictures or hangings.

31. *To keepe Lobſters, Craſiſhes, &c. ſweet and good for ſome few daies.*

THeſe kinds of fiſh are noted to be of no durability or laſting in warme weather, yet to prolong their dayes a little, though I feare I ſhall raiſe the price

of them by this diſcouery amõgſt the Fiſhmongers, who only in reſpect of their ſpeedy decay doe nowe and then affoorde a pennyworth in them) if you wrap them in ſweet and courſe rags firſt moiſtened in brine, and then burie theſe cloathes in Callis ſande, that is alſo kept in ſome coole and moiſt place, I knowe by mine owne experience that you ſhall finde your labour well beſtowed, and the rather if you lay them in ſeuerall clothes, ſo as one doe not touch the other.

32. *Diuers excellent kindes of bottle Ale.*

I Cannot remember that euer I did drinke the like ſage Ale at any time, as that which is made by mingling two or three drops of the extracted oyle of ſage with a quart of Ale, the ſame being well brued out of one pot into an other;

ther; and this way a whole ſtande of ſage Ale is very ſpeedily made. The like is to bee done with the oile of Mace or Nutmegs. But if you will make a right goſsips cup that ſhall farre exceede all the Ale that euer mother *Bunch* made in her life time, then in the botling vp of your beſt Ale, tunne halfe a pinte of white ypocras that is newly made, and after the beſt receipte, with a pottle of Ale, ſtop your bottle cloſe, and drinke it when it is ſtale: Some commend the hanging of roaſted Orenges prickt full of Cloues in the veſſell of ale til you find the taſte thereof ſufficiently graced to your owne liking.

33. *How to make woormwood wine very ſpeedily and in great quantity.*

TAke ſmall Rochel or Coniake wine, put a few droppes of the

extracted oile of wormwood therin, brewe it togither (as before is ſet down in bottle Ale) out of one pot into an other, and you ſhall haue a more neate and wholſome wine for your body, then ỳ which is ſolde at the Stillyarde for right wormwood wine,

38. *Roſewater and Roſe vinegar, of the colour of the Roſe, and ſo of the Cowſlep and violet vinegar.*

IF you woulde make your Roſewater and Roſe vinegar of a Ruby color, then make choiſe of the crimſon-veluet-coloured leaues, clipping away the whites with a paire of ſheeres, & being through dried put a good large handful of them into a pinte of damaske or red roſewater, ſtop your glaſſe wel & ſet it in the ſun, till you ſee that the leaues haue loſt their colour. Or for moree xpedition you may performe this worke in balneo in

a few howers, and when you take out the olde leaues, you may put in freſh till you find the colour to pleaſe you. Keepe this Roſewater in glaſſes very well ſtopt, the fuller the better. What I haue ſaid of Roſewater, the ſame may alſo bee intended of Roſe vinegar, violet, marigolde, and cowſlep vinegar, but the whiter vinegar you chuſe for this purpoſe, the colour thereof will be the brighter, and therefore diſtilled vinegar is beſt for this purpoſe, ſo as the ſame be warely diſtilled with a true diuiſion of parts, according to the maner expreſſed in this booke in the diſtillation of vinegar.

35. *To keepe the iuice of Orenges and Lemmons all the yeere for ſawce, Iuleps and other purpoſes.*

EXpreſſe their iuyce, and paſſe it thorough an Ipocraſſe bag, to clarifie it from his impu-

rities, then fill your glaſſe almoſt to the top, couer it cloſely, and let it ſtand ſo till it haue done boiling, then fill vp your glaſſe with good ſallet oyle, & ſet it in a coole cloſet or buttery where no ſunne commeth; the apteſt glaſſes for this purpoſe are ſtraight vpright ones, like to our long beere glaſſes, which woulde bee made with little rounde holes within two ynches of the bottome to receiue apt fawcets, and ſo the grounds or lees would ſettle to the bottome, and the oyle woulde ſinke downe with the iuyce ſo cloſely that all putrefaction would bee auoided; or inſteede of holes if there were glaſſe pipes it were the better and readier way, becauſe you ſhall hardly faſten a faucet well in the hole. You may alſo in this maner preſerue manie iuyces of hearbs and flowers.

And becauſe that profit and skill vnited do grace each other, if

if (curteous Ladies) you wil lend eares and follow my direction, I will heere furniſh a great number of you (I would I coulde furniſh yon all) with the iuice of the beſt ciuill Orenges at an eaſie price. About Alhallontide or ſoone after you may buy the inward pulpe of ciuill orenges wherin the iuice reſteth, of the comfitmakers for a ſmall matter, who do only or principally reſpect their rindes to preſerue and make Orengadoes withall, this iuice you may prepare and reſerue as before.

36. *Howe to purifie and giue an excellent ſmel and taſte vnto ſallet oile.*

PVt ſallet Oyle in a Veſſell of wood or earth, hauing a hole in the bottom, to euery 4. quartes of water adde one quarte of oyle, and with a woodden ſpoone or ſpattle

ſpattle beate them well together for a quarter of an houre, then let out the water preuenting the oyle from iſſuing by ſtopping of the hole, repeate this worke two or three times, and at the laſt you ſhall find your oile well clenſed or clarified. In this maner you may alſo clarifie capons greace, being firſt melted, and working with warme water. Al this is borrowed of *M. Bartholomæus Scapius* the Maſter Cooke of Pope *Pius Quintus* his priuy kitchin. I thinke if the laſt agitation were made in Roſe-water, wherein alſo cloues or nutmeg had beene macerated, that ſo the oyle woulde bee yet more pleaſing.

Or if you ſet a iar glaſſe in balneo full of ſweete oile with ſome ſtoare of bruſed cloues, & rindes of ciuill Orenges or lemmons alſo therein, and ſo continew your fire for two or three houres, and then letting the Cloues & rindes remaine

remaine in the oyle till both the ſente and taſte doe pleaſe you, I thinke many men which at this day do loath oile (as I my ſelfe did not long ſince) woulde bee eaſilie drawn to a ſufficiēt liking therof.

37. *How to clarifie without any diſtillation both white and claret wine viniger for gellies or ſawces.*

TO euery ſixe pintes of good wine vinegar, put the whites of two new laid Egges wel beaten, then put all into a newe leaden pipkin, & cauſe the ſame to boile a little ouer a gentle fire, then let it run through a courſe gelly bag twice or thrice, and it wil be very cleere, and keepe good one whole yeere.

38. *To make a moſt delicate white ſalte for the table.*

FIrſt calcine or burn your white ſalt, then

then diſſolue it in cleere conduit water, let the water ſtand without ſtirring forty eight houres, then carefully drayne away all the cleere water onely, filter it, and after euaporate the filtred liquour reſeruing the ſalt. Some leaue out calcination.

39. *A delicate Candle for a Ladies Table.*

CAuſe your Dutch Candles to bee dipped in Virgin waxe ſo as their laſt coate may be meerely waxe, and by this meanes you may carry them in your hande without melting, and the ſent of the tallow wil not breake through to giue offence: but if you would haue them to reſemble yellowe waxe candles, then firſt let the tallow be coloured with Turmerick boiled therein, and ſtrained, and after your Candles haue beene dipped therein to a ſufficient greatneſſe,

greatneſſe, let them take their laſt coate from yellow waxe, this may be done in a great round Cane of tinne plate hauing a bottom, and being ſomewhat deeper then the length of your candles, and as the waxe ſpendeth you may ſtil ſupply it with more.

40. *Howe to hang your Candles in the ayre without candleſticks.*

THis will make a ſtrange ſhewe to the beholders that knowe not the conceipt, it is done in this maner. Let a fine Virginall wier be conueyed in the midſt of euery weeke and left of ſome length aboue the Candle to faſten the ſame to the poſtes in the roofe of your houſe, and if the roome bee any thing high roofed, it will bee hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wier.

41. *Roſe vinegar made in a new manner.*

MAcerate or ſtiepe Roſe-leaues in faire water, let them lie therein til they wax ſowre in ſmel, and then diſtil the water.

Sweet

SWEETE POWders, oyntments, beauties, &c.

1. *An excellent damaske powder.*

TAke of yreos halfe a pounde, Rose leaues 4. ounces, cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, Beniamin one ounce and a halfe, muske and ciuet of each 10. graines, beate and incorporate them wel together.

2. *An excellent handwater or washing water and very cheape.*

TAke a gallon of faire water, one handfull of Lauéder flowers, a few Cloues, and some orace powder

powder, and foure ounces of beniamin, diſtill the water in an ordinary leaden ſtill. You may diſtil a ſeeond water by a newe infuſion of water vpon the feces, a little of this will ſweeten a baſon of faire water for your table.

3. *A bal to take out ſtaines from linnen.*

TAke foure ounces of white harde Soape, beate it in a morter with two ſmall Lemmons ſliced, and as much roach allum as an haſell Nut, roll it vp in a ball, rub the ſtaine therewith, and after fetch it out with warme water if need be.

4. *A ſweet and delicate Pomander.*

TAke two ounces of Labdanũ, of Beniamin and Storax one ounce, muske ſixe graines, ciuet 6. graines

Amber greece ſixe graines, of Calamus Aromaticus, and Lignum Aloes, of each the waight of a groate, beat all theſe in a hote morter, and with a hote peſtell till they come to paſte, then wet your hand with Roſe water and roll vp the paſte ſuddainly.

5. *To take ſtaines out of ones handes preſently.*

THis is doone with the iuice of Sorrell waſhing the ſtayned places therein.

6. *To take away ſpots and freckles from the face or handes.*

THe ſappe that iſſueth out of a Birch tree in greate aboundance, being opened in *March* or *Aprill* with a receiuer of glaſſe ſet vnder the boring thereof to receiue the ſame, doth performe the ſame,

ſame moſt excellently, and maketh the skin very cleere. This ſap will diſſolue pearle, a ſecret not knowne vnto many.

7. *A white fucus or beautie for the face.*

THe iawe bones of a Hogge or Sowe vvell burnt, beaten and ſearced through a fine ſearce, and after ground vpon a porphire or ſerpentine ſtone is an excellent fucus, being laid on vvith the oile of vvhite Poppey.

8. *A delicate waſhing ball.*

TAke three ounces of Orace, halfe an ounce of Cypres, two ounces of calamus aromaticus, one ounce of Roſe leaues, two ounces of Lauender flowers, beat al theſe together in a morter ſearcing them through a fine ſearce,

then

then ſcrape ſome caſtill ſope, and diſſolue it with ſome Roſewater, then incorporate al your powders therwith by laboring of them well in a morter.

9. *Damaske powder.*

TAke fiue ounces of Orace, two ounces of Cypres, two ounces of Calamus, halfe an ounce of cloues, one ounce of Beniamin, one ounce of Roſe leaues, one ounce of Storax calamitum halfe an ounce of Spike flowers, mixe them wel together.

10. *To keepe the teeth both white and ſounde.*

TAke a quart of hony, as much vinegar, and halfe ſo much white wine, boile them togeather, & waſh your teeth therewith now and then.

11. *To delay heate and cleere the face.*

TAke three pintes of conduit water, boile therein two ounces of french barlie, change your water and put in the barlie again, repeate this so long, till your water purchase no colour from the Barly but become very cleere: boyle the laste three pintes to a quart, then mixe halfe a pinte of white wine therein, and when it is colde, wring the iuice of two or three good lemmons therein, and vse the same for the morphewe, heat of the face or handes, and to cleere the skin.

12. *Skin kept white and cleere.*

WAsh the face and body of a sucking childe with breast milke, or Cowe milke, or mixed with

with water, euery night, and the childes skinne will waxe faire and cleere, and reſiſt ſunburning.

13. *An excellent Pomatum to cleere the skinne.*

WAſh Barrowes greace often times in *May* dew that hath beene clarified in the ſunne till it bee exceeding white, then take Marſhmallow rootes, ſcraping off the outſides, then make thinne ſlices of them and mixe them, ſet them to macerate in a ſeething balneo, and skumme it well till it bee throughly clarified and wil come to roape, then ſtraine it, and put now and then a ſpoonefull of May-dewe therein, beating it till it be through cold in often chãge of May dew, then throw away that dewe and put it in a glaſſe coueringit with May dewe, and ſo reſerue it to your vſe. Let the mallowe

lowe rootes be 2. or 3. daies dried in the ſhade before you vſe them. This I had of a great profeſſour of Arte, and for a rare and dainty ſecrete, as the beſt fucus this daie in vſe.

14. *Another minerall fucus for the face.*

INcorporate with a wooden peſtle and in a woodē morter with great labor foure ounces of ſublimate, and one ounce of crude Mercury at the leaſt 6. or 8. houres (you cannot beſtow too much labour heerein) then vvith often change of cold water by ablution in a glaſſe, take away the ſalts frō the ſublimate, change your water twice euery day at the leaſt, and in ſeuen or eight daies (the more the better) it will bee dulcified, and then it is prepared. Lay it on with the oile of vvhite Poppey.

15. *To take away chilblanes out of the hands or feet.*

BOile halfe a pecke of oates in a quart of vvater, till they wax drie, then hauing firſt annointed your handes vvith ſome good pomatum & vvell chafed them, hold them vvithin the oates as hote as you may vvell ſuffer them, couering the boll vvherein you put your handes vvith a double cloth to keepe in the ſteam of the oates. Do this three or foure times, and you ſhal find the effect. The ſame Oates vvill ſerue to bee ſodden vvith freſh vvater three or foure times.

16. *To helpe a face that is red or pimpled.*

DIſſolue common ſalte in the iuice of Lemmous and with a linnen

linnen cloth, pat the patients face that is full of heate or pimples. It cureth in a few dreſsings.

17. *Aliter.*

TAke of thoſe little whelkes or ſhels which ſome do cal ginie mony, waſh 5. or ſixe of them, and beate them to fine powder, and infuſe the iuyce of Lemmons vpon them, & it will preſently boile, but if it offer to boile out of your glaſſe, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort ſpace bee like an ointment, with which you muſt annoint the heat or pimples of the face often times in a day til you find helpe. As the oyntment drieth put more iuyce of Lemmons to it. This of an outlandiſh gentlewoman, and it is an aſſured remedy if the heat be not very extreame. Some haue found by experience

perience, that bathing of the face with hote vinegar euery night when they go to bed, doth mightily repel the humor.

18. *Aliter.*

QVilt bay salte well dried and powdered in double linnen sockes of a pretty bigneſſe, let the patient weare them in wide hoſe and shooes day and night, by the space of fourteene daies, or till he bee well, euery morning and euening, let him drie his sockes by the fire and put them on againe. This helped *M. Foſter* an Eſſex m[an] and an Attourney of the common place within theſe fewe yeares but now deceaſed, whoſe face wa[s] for many yeares together of a exceeding high and fierie colour of mine owne knowledge, and ha[d] ſpent much money in phiſicke without any ſucceſſe at all, vntill

he obtained this remedy. The patient muſt not take any wet of his feete during the cure.

19. *Aliter & optimè.*

TAke halfe a pound of white diſtilled vinegar, two newe layd Egges with their ſhelles, two ſpooneſuls of the flowers of brimſtone, let theſe macerate in the vinegar by the ſpace of three daies, then take out the Egges, and pricke them full of holes with a needle, but not too deepe, leaſt any of the yolke ſhoulde happen alſo to iſſue, let that liquour alſo mixe with the vinegar, then ſtraine all through a fine cloath, and tie vp the brimſtone in the cloth like a little ball, dippe this ball in the ſtrained licour when you vſe it, and pat it on the place three or foure times euerie daie, and

and this will cure any red face in twelue or foureteene daies. Some doe alſo commende the ſame for an approoued remedy againſt the morphew, the brimſtone bal muſt bee kept in ſome cloſe thing from the ayre.

20. *How to take awaie any pimple from the face.*

BRimſtone ground with the oile of Turpentine, and applied to any pimple one houre, maketh the fleſh to riſe ſpongeous, which being annointed with the thicke oile or butter that ariſeth in the morning from newe milke ſodden a little ouer night, wil heale and ſcale awaie in a fewe daies, leauing a faire skin behind. This is a good skinning ſalue.

21. *To helpe any Morphew, ſunburning yeh, or red face.*

STiepe two ſliced Lemmons being large and faire in a pinte of Conduit water, leaue them foure or fiue daies in infuſion couering the water, then ſtraine the water, and diſſolue therein the quantity of an haſel nut of ſublimate (ſome holde a dramme a good proportion to a pinte of water) finelie powdered, let the patient wette a cloth therein, and rub the place where the griefe is euery morning and euening a little, till the hew do pleaſe her: you may make the ſame ſtronger or weaker according to good diſcretion.

22. *For the morphew.*

TAke a pinte of diſtilled vinegar, lay therein two new laide egges

egges whole with their shels, three yellow Docke rootes picked and sliced, two spoonfuls of the flowers of brimstone, and so let al rest three daies, and then vse this liquour with a cloth rubbing the place three or foure times euery day, and in three or foure dayes it commonly helpeth, put some branne in your cloth before you moisten your cloth therein, binding it vp in forme of a little ball. This of Master *Rich* of Lee, who helped himselfe and a gallant Lady therewith in a few daies.

23. *To take away the freckles in the face.*

WAsh your face in the wane of the moon with a sponge, morning and euening with the distilled water of Elder leaues, letting the same drie into the skinne. Your water must bee di-

ſtilled in *Maie*: this is of a trauailer who had cured himſelf therby.

24. *To cure any extreame bruſe vpon a ſore fal on the face, or any other member of the body.*

PResently after the fall make a greate fire, and apply hote cloathes one after an other without intermiſsion, the patient ſtãding neere the fire for one houre and a halfe, or till the ſwelling be cleane abated. This I knewe proued with good ſucceſſe in a maide that fell downe a paire of ſtaires, whereby all her face was extreamlie diſfigured. Some holde opinion that the ſame may be performed with cloathes wette in hote water and wroonge out againe before application. Then to take away the chãgeable colors which doe accuſtomablie followe all bruſes, ſhredde the Roote of a greene

greene or growing flower de luce, beate it with red Roſe water, and grinde it till it come to a ſalue, apply the ſame, and in a fewe houres it taketh away all the colours, but if it lie too long it will raiſe pimples, and therefore ſo ſoone as the colours bee vaniſhed, immediatelie remooue the ſalue.

25. *How to keepe the teeth cleane.*

CAlcine the tops & branches of Roſemarie into aſhes, and to one part thereof, put one part of burnt allum, mixe them wel together, and with thy finger firſt moiſtened a little with thy ſpittle, rubbe all thy teeth ouer a prettie while euerie morning till they be cleane, but not to galling of thy gums, thé ſup vp ſome faire water or white wine, gargling ỹ ſame vp & down thy mouth a while, & thé

drie thy mouth with a towell. This of an honeſt Gentleman and a painefull gatherer of phiſicall receites.

26. *Sweete and delicate Dentifrices or Rubbers for the teeth.*

DIſſolue in foure ounces of warme water, three or foure drammes of gumme Dragagant, and in one night this will become a thicke ſubſtaunce like gellie, mingle the ſame with the powder of Alablaſter finely grounde and ſearced, then make vp this ſubſtance into little round rolles, of the bigneſſe of a childes arrowe, and foure or fiue inches in lēgth. Alſo if you temper Roſet or ſome other color (that is not hurtful) vvith them, they will ſhewe full of pleaſing veines. Theſe you may ſweeten eyther vvith Roſewater, Ciuet or muske. But if your teeth

be

bee very ſcaly, let ſome experte Barber firſt take off the ſcales with his inſtrument, and then you may keepe them cleane by rubbing them with the aforeſaide rolles. And heere by thoſe miſerable experiences that I haue ſeene in ſome of my neereſt friends, I am enforced to admoniſh all Gentlewomen to bee carefull, howe they ſuffer their teeth to bee clenſed and made vvhite with any *Aqua fortis*, vvhich is the Barbers vſuall water, for vnleſſe the ſame be both well delaied, and carefullie applied, ſhe may happen within a fewe dreſsings to bee forced to borrow a ranke of teeth to eat her dinner, vnleſſe her gums do helpe her the better.

27. *A delicate ſtoue to ſweat in.*

I Know that many Gentlewomen as well for the cleering of their

skinnes as cleſing of their bodies do now and then delight to ſweat. For the which purpoſe I haue ſet downe this manner following as the beſt, that euer I obſerued. Put into a braſſe pot of ſome good cõtent, ſuch proportion of ſweete hearbes, and of ſuch kinde as ſhal bee moſt appropriate for your infirmity, with ſome reaſonable quantity of water, cloſe the ſame with an apte couer, and vvell lute with ſome paſte made of flower and whites of Egges: at ſome parte of the couer you muſt let in a leaden pipe (the enteraunce whereof muſt alſo be well luted) this pipe muſt bee conueied thorough the ſide of the Chimney, where the pot ſtandeth in a thicke hollowe ſtake, of a bathing tub croſſed with hoopes according to the vſuall maner in the top, which you may couer with a ſheete at your pleaſure. Nowe the ſteame of the pot paſsing thorough the

pipe

pipe vnder the falſe bottome of the bathing tub, vvhich muſt bee boared full of bigge holes, will breath ſo ſweete and vvarme a vapour vppon your bodie, as that (receiuing ayre by holding your heade vvithout the tubbe as you ſit therein) you ſhall ſweate moſt temperately, and continewe the ſame a long time vvithout fainting. And this is performed with a ſmall charcoale fire maintained vnder the pot for this purpoſe. Note that the roome woulde bee cloſe wherein you place your bathing tub, leaſt any ſuddaine cold ſhould happē to offend you whilſt your body is made open and porous to the ayre.

28. *Diuers ſorts of ſweete or hande waters made ſuddainly or extēpore, with the extracted oyles of ſpices.*

FIrſt you ſhall vnderſtande that vvhenſoeuer you drawe anie

of

of the aforeſaide oyles of Cynamon, Cloues, Mace, Nutmegs or ſuch like, that you ſhall haue alſo a pottle, or a gallon more or leſſe, according to the quantity which you drawe at once, of excellent ſweet waſhing water for your table, yea ſome do keep the ſame for their broaths, wherein otherwiſe they ſhoulde vſe ſome of the ſame kinde of ſpice. But if you take three or foure drops only of the oyle of Cloues, Mace, or Nutmegs, (for Cinamon oile is too coſtly to ſpend this way) and mingle the ſame with a pinte of faire water, making agitation of them a prety while together in a glaſſe hauing a narrow mouth, till they haue in ſome meaſure incorporated themſelues together, you ſhall finde a very pleaſing and delightfull water to waſh with, and ſo you may alwaies furniſh your ſelfe of ſweete water of ſeuerall kinds, before ſuch time as your gueſts ſhal

be

be ready to ſit downe. I ſpeake not here of the oile of ſpike, which wil extende very farre this way, both becauſe euery gentlewoman doth not like ſo ſtrong a ſente, and for that the ſame is elſewhere already commended by another Author. Yet this I muſt needes acknowledge to bee the cheaper way, for that I aſſure my ſelfe there may bee fiue or ſixe gallons of ſweete water made with one ounce of the oile, vvhich you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a taſting bottle.*

TAke three drammes of oile of Spike, one dramme of oile of Thyme, one dram of oyle of Lemmons, one dram of oile of cloues, then take one graine of Ciuet, and three graines of the aforeſaid compoſition well wrought together

ther. Temper them wel in a ſiluer ſpoone with your finger, then put the ſame into a ſiluer boll, waſhing it out by little and little into the boule with a little Roſewater at once, till all the oyle be waſhed out of the ſpoone into the boule, and then doe the like by waſhing the ſame out of the boule vvith a little Roſewater at once, til all the ſente be gotten out, putting the Roſewater ſtill in a glaſſe vvhen you haue tẽpered the ſame in the boule ſufficiently. A pinte of Roſewater will be ſufficient to mingle with the ſaid proportion: and if you find the ſame not ſtrõg enough of the ciuet, then you may to euery pinte put one grain and a halfe, or two graines of ciuet to the vvaight of three grains of the aforeſaide compoſition of oyles.

30. *To colour a blacke haire preſentlie into a Cheſnut colour.*

This

THis is done with oile of Vitrioll, but you muſt doe it verie carefully not touching the skin.

31. *A preſent and delicate perfume.*

LAy two or three drops of liquid Amber vpon a glowing coale, or a peece of lignum aloes, lignum Rhodium, or ſtorax.

32. *To renew the ſent of a Pomander.*

TAke one graine of ciuet, and two of muske, or if you double the proportion it will bee ſo much the ſweeter, grind them vpon a ſtone with a little Roſewater, and after wetting your handes vvith Roſewater you may worke the ſame in your Pomander. This is a ſlight to paſſe away an olde Pomander, but my intention is honeſt.

33. *How to gather and clarifie May dew.*

WHen there hath fallen no raine the night before, then with a cleane and large ſpoonge, the next morning you may gather the ſame from ſweet herbs, graſſe or corne, ſtraine your dewe and expoſe it to the ſunne in glaſſes couered with papers or parchment prickt full of holes, ſtraine it often, continuing it in the ſun, and in a hote place till the ſame growe white and cleere, vvhich vvill require the beſt parte of the ſummer. Some commende May dewe gathered from Fennell and Celandine to bee moſt excellent for ſore eyes, and ſome commend the ſame (prepared as before) aboue Roſewater for preſeruing of fruits, flowers, &c.

34. *Diuers excellent ſentes for Gloues, with their proportions and other circumſtances, with the maner of perfuming.*

THe Violet, the Orenge, the Lemmon dewly proportioned with other ſentes, performe this vvell; ſo likewiſe of Labdanum, Storax, Beniamin, &c.

The manner is this. Firſt laie your vmber vpon a few coales till it begin to cracke like lime, then let it coole of it ſelfe, taking away the coales, then grinde the ſame vvith ſome yellow ocre, till you perceiue a right color for a gloue, vvith this mixture vvaſh ouer your gloue vvith a little hayre bruſh vpon a ſmooth ſtone in euery ſeame and all ouer, then hang your gloues to drie vpon a line, then with gum Dragagant diſſolued in ſome Roſewater, & ground vvith a little oyle de Ben, or of

ſweete

ſweet almonds vpon a ſtone, ſtrike ouer your gloues in euery place with the gum and oyle ſo ground together, doe this with a little ſpoonge, but bee ſure the gloues be firſt throughly dry, and the colour vvell rubbed and beaten out of the gloue; then let them hange againe til they be drie, vvhich wil be in a ſhort time. Then if you wil haue your gloue to lie ſmooth & faire in ſhewe, goe ouer it againe with your ſpoonge, and the mixture of gumme and oile, and drie the gloue yet once againe. Then grinde vppon your ſtone two or three graines of good muſk, with halfe a ſpoonefull of Roſewater, and vvith a verie little peece of a ſpoonge, take vp the compoſition by little and little, and ſo lay it on vpon your gloue lying vppon the ſtone. Picke and ſtraine your gum Dragagant before you vſe it. Perfume but the one ſide of your gloue at once, and then hang it vp

to

to drie, and then finiſh the other ſide. Ten graines of muske vvill giue a ſufficiét perfume to eight paire of gloues. Note alſo that this perfume is done vpō a thin lambs leather gloue, and if you worke vpon a kiddes skin or goates skin which is the vſual leather for rich perfumes, then you muſt adde more quantity of the oyle of Ben to your gumme, and go ouer the gloue twice therewith.

135. *Sweet bags to lie among linnen.*

FIll your bags only with lignum Rhodium finely beaten, and it will giue an excellent ſent to your linnen.

36. *To make haire of a faire yellowe or golden colour.*

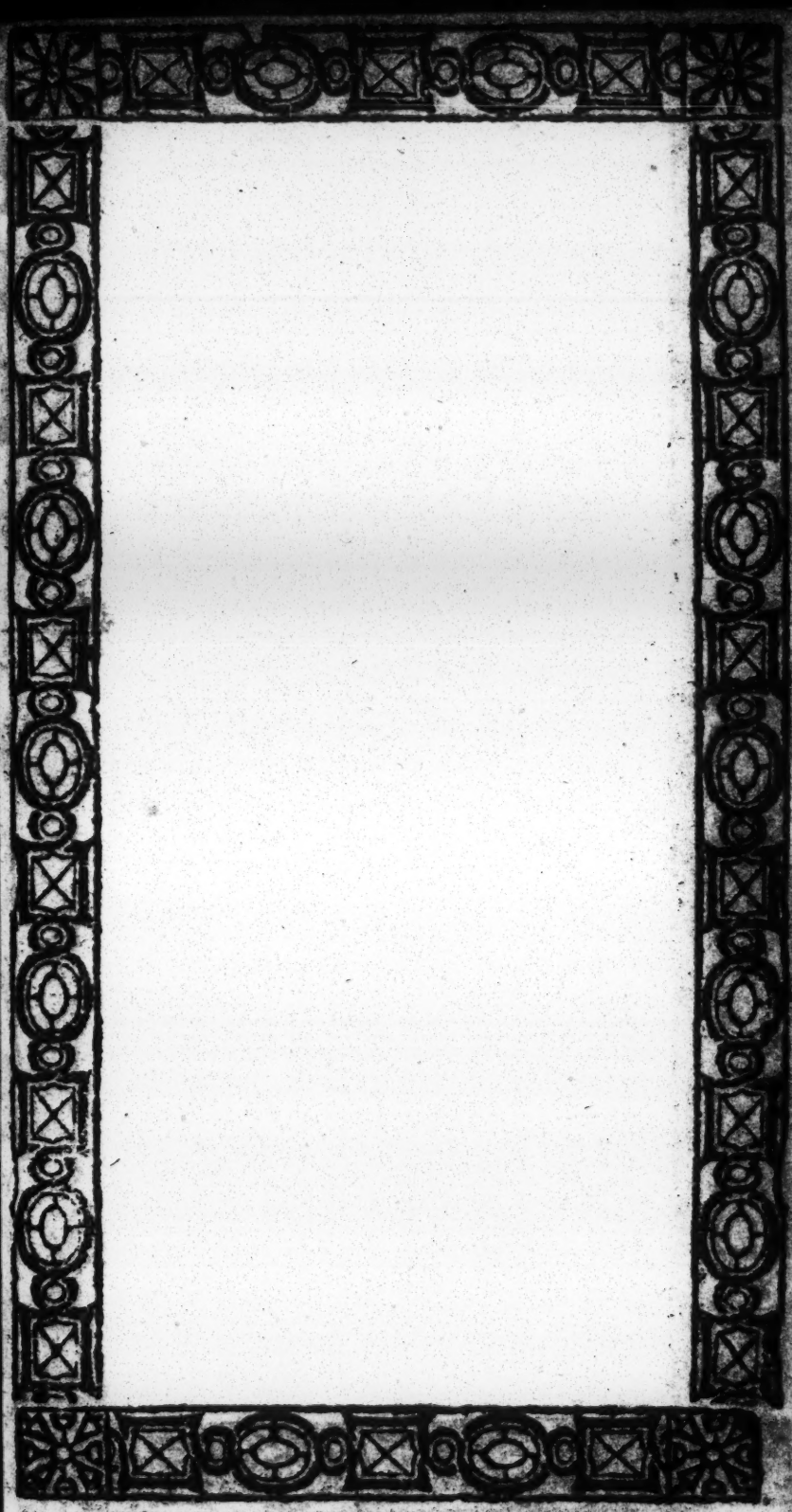
THe laſt vvater that is drawne from honie being of a deepe red colour performeth the ſame excel-

excellently, but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetened with ſome aromaticall body.

Or elſe the haire being firſt clean waſhed and then moiſtened a pretty while by a good fire in warme allũ vvater vvith a ſponge, you may moiſten the ſame in a decoction of Turmerick, rubarb, or the barke of the Barbery tree, and ſo it will receiue a moſt faire and bewtifull colour. The Dogberry is alſo an excellent berrie to make a golden liquour withall for this purpoſe. Beat your allum to powder, and when the water is ready to ſeeth, diſſolue it therein 4. ounces to a pottle of water vvill bee ſufficient, let it boile a vvhile, ſtraine it, and this is your allum licour vvherwith you muſt firſt prepare the haire:

37. *How to color the head or beard into a Cheſnut colour in halfe an houre.*

Take

TAke one part of lead calcined with ſulphur, and one part of quicke lime, temper them ſomewhat thin vvith water, lay it vpon the haire, chafing it vvell in, and let it dry one quarter of an houre, or thereabout, then waſh the ſame off with faire water diuers times; and laſtly, vvith ſoape and water and it vvill be a very natural haire colour. The longer it lieth vpon the haire the browner it groweth. This coloureth not the fleſh at all, and yet it laſteth very long in the hayre. *Sæpius expertum.*

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